FIRST EDITION PRICE TWOPENCE

LONGMAN'S EVERYDAY HINTS FOR THE HOME

USEFUL AND INVALUABLE MONEY SAVING GUIDE

QUICK RELIEF from CATARRH!

POTTER'S CATARRH PASTILLES
CURES COUGHS, COLDS, HAY FEVER BRONCHITIS

is obtained by using Potter's Pastilles. Equally beneficial for all throat and nasal affections and a proven remedy for Asthma and Bronchitis. They quickly restore the voice.

1/3 per tin of all Medicine Vendors, or direct from the makers, post free, 1/4½.

POTTER & CLARKE, LTD., Artillery Lane, E.

POTTER'S CATARRH PASTILLES

PUBLISHED BY THE PROPRIETORS, F. CAVENDISH LONGMAN, LTD.
37, CURSITOR STREET, LONDON, E.C.4

H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H.

HEATH AND HEATHER

for a

HEALTHY HOME

Health means Happiness.
Every Home where Herbs
are used is a happy one.

IS YOURS?

Let 1937 be a great year for you. Get Health into the Home by Nature's unfailing remedies.

HEATH & HEATHER, LTD.,
HERB SPECIALISTS, ST. ALBANS

"LUMBAGO?
RHEUMATICS?
BLESS YOU,
NO"

"HEATH &
HEATHER
CURED THOSE
16 YEARS
AGO."

The Famous Free Book of Herbs will show you the way. Send this coupon for your copy to-day, or if you do not wish to damage this page, just send a postcard.

To Heath & Heather, Ltd.,
Dept. C., St. Albans, Herts.

Please send free copy of the famous Book of Herbs to—

Name ....

Address ....

H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H. H.&H.

22503538240

P12843

1937

1849

LONGMAN'S EVERYDAY HINTS FOR THE HOME

USEFUL AND INVALUABLE MONEY SAVING GUIDE

EDITORIAL INTRODUCTION

A CLEVER MAN once observed that the human mind is like a huge cave or cellar—so big that we can store it with illimitable knowledge.

"So big, in fact," added another man, "that you can never find anything when you want it!"

In other words, good as our memories may be, there are times when a piece of information is "on the tip of the tongue," and yet, for the life of us, we cannot recall it. That is where this little book of Everyday Hints for the Home is going to be handy. We want it to be a daily reminder of useful information which might otherwise be overlooked or forgotten

The contents have been diversified as much as possible in order to include items of interest for every member of the family. To the purely domestic sections we have added Hints on Holidays, Investments. House Purchase. Careers for Boys and Girls, Legal Problems, etc., etc. We do not pretend that in a little book of this size it has been feasible to deal exhaustively with any of these subjects. Our aim has been to provide sufficient information for practical purposes, leaving the reader who desires to follow up any particular line of inquiry to consult the more detailed text-books, which are easily procurable.

The law, for instance, is full of pitfalls, and where legal action is contemplated, it is always advisable to obtain professional opinion beforehand. Even then, look before you leap, and remember that a "lean settlement" is better than a "fat lawsuit." Again, it is possible to draw up your own will, but unfortunately you will not be here to explain any slip or ambiguity which may arise after your departure. A little advice, either from a lawyer or a shrewd friend, is a wise precaution.

We have not presumed to offer the meretricious "wisecracks" for ensuring long life and happiness which are so often to be found in a household guide. Common-sense is an outstanding characteristic of the British race, and most of us know that the secrets of health and domestic bliss can be compressed into two short rules, viz., "Moderation in all things" and "Remember the 'bears'—bear and forbear!"

Only one thing more. Put a string through your "Everyday Hints" (a hole has been punched for the purpose) and hang it up where its genial advice and counsel are always available.

LONGMAN'S
EVERYDAY HINTS FOR THE HOME

CONTENTS.

PAGE

EDITORIAL INTRODUCTION 1

EVERYDAY HINTS:

IN THE KITCHEN 3
IN THE LARDER 6
ON SHOPPING 8
ON FIRST-AID 10
ON HOUSE CLEANING AND REPAIRS 14
ON HEALTH AND BEAUTY 20
ON INVESTMENTS 22
ON LEGAL MATTERS 24
ON SOUPS AND BROTHS 30
ON GARDENING 34
ON MAKING PRESERVES 38
ON ODD JOBS ABOUT THE HOUSE 40
ON DOMESTIC PETS 44
ON DOGS 46
ON CAREERS FOR BOYS AND GIRLS 48
ON COOKERY 52
ON BUYING A HOUSE 54
ON LETTER-WRITING 56
ON HOLIDAYS 58
ON ALL SORTS OF THINGS 60
HOW TO GET THE BEST OUT OF YOUR WIRELESS 62

Published by the Proprietors:

'Phone:
HOLborn
9661-8085

F. CAVENDISH LONGMAN, LTD.
37, CURSITOR ST., LONDON, E.C.4
(off Chancery Lane)

Telegrams:
Uprising, Fleet,
London

RHEUMATISM, NEURITIS & LUMBAGO SUFFERERS

Here's Wonderful News For You!

For over **30 YEARS** a remedy for these maladies has been existent, but it has only been available to a comparatively few who KNEW or had the Remedy recommended to them. Now we are advertising to the Public, as it should be universally known that RAND'S FAMOUS "ANISKA" brand PILLS and Treatment have proved a boon to **thousands** of sufferers, and is available to ALL suffering from these and kindred complaints.

"ANISKA" treatment is principally of Herbal Compounds and CONTAINS NO DANGEROUS DRUGS. It strikes at the Root of the Evil, is easy to take, and brings IMMEDIATE RELIEF. DON'T DELAY—GET A BOX TO-DAY

From all principal Chemists at **1/3** and **3/-** (treble quantity) per box, or send P.O. direct to proprietors—

ANISKA PREPARATIONS (RAND'S), LTD., 230, Vauxhall Bridge Road, London, S.W.1.

FREE Trial Sample and proved unsolicited testimonials for 3d. stamp to cover post and packing.

EVERYDAY HINTS
IN THE KITCHEN

A

ALUMINIUM KITCHEN UTENSILS should be washed in hot water and soap and afterwards polished with a soft rag smeared with rottenstone.

B

BOTTLES with screw stoppers sometimes refuse to open readily owing to the hand slipping. The stopper should be grasped with a piece of emery or sandpaper, when it will be found to turn easily. Another method is to apply a towel soaked in hot water.

C

CHINA that is valuable should be carefully washed in a basin in which a soft cloth has been placed. This will save any fear of cracking.

CHIMNEYS can be cleaned, when the services of a sweep are not available, by placing a shovel containing some powdered sulphur on a hot fire. The doors and windows should be opened and on no account should any person or animal enter the room until the fumes have died away. A chimney that is alight should be dealt with by throwing a handful of salt on the fire.

CHINA can be mended with plaster of Paris mixed with the white of an egg. This forms a very strong adhesive.

CISTERNS and outside pipes will not freeze if thickly wrapped round with newspapers.

CORKS of bottles containing home-made pickles and preserves should be covered with sealing-wax to ensure the contents keeping.

CUPBOARDS may be kept free from damp by placing a small box filled with lime on the shelf. This will absorb the damp and keep articles in the cupboard dry.

D

DRAINS frequently become clogged through grease accumulating. This can be prevented by periodically pouring boiling water and soda down the sink.

DUST-BINS are much easier to keep clean if a layer of newspaper is placed at the bottom.

E

EARTHENWARE crocks and pans that have been cracked or have had small holes knocked into them can be made watertight as follows:—Wet the article and then paste outside the crack or hole some sticky paper. Force a thick cement of plaster of Paris, mixed with white of egg, into the crack or hole. When hardened remove the sticky paper, when the piece of crockery will be watertight.

EGG-SPOONS that have become tarnished owing to the action of the sulphur of the egg, should be rubbed with ammonia or fine salt.

F

FLIES may be destroyed by spraying the air of a room with a garden spray filled with lysol well diluted with water.

G

GAS-PIPES, if they develop leaks around a joint, should be wrapped round with soft string smeared with thick white-lead paste, moulded so that it forms an even covering. As escaping gas is dangerous, it is always advisable after this temporary measure, to acquaint the gas company and have a new pipe inserted.

GLASS, if valuable, should be washed in a wooden utensil. If one is not available, place a soft cloth at the bottom of the basin. This will obviate the danger of cracking.

GLASSES will have a brilliant polish if they are washed in warm soapy water and afterwards rinsed several times in clean cold water. Allow them to drain on a soft towel and there will be no need to dry them.

GLUE should be of the consistency of cream when used. The articles to be joined should be first fitted correctly, then warmed, and painted with a thin coat of glue, stuck together, and bound tightly.

GLYCERINE will remove most stains from linen. Dab a little warmed glycerine on the spots. Let it soak in for an hour or two, then rinse several times in cold water.

I

IRONS that stick when used on starched articles should be run over brown paper on which some salt has been sprinkled.

L

LAMP CHIMNEYS may be made more durable and less liable to crack by boiling them before using. They should be placed in a large saucepan, packed with straw, and filled with water. As soon as this boils the pan should be taken off the fire and the lamp-glass allowed to remain until the water becomes cold.

M

MICE can be banished if a strong solution of mustard is poured around their holes. They will leave the premises if this treatment is continued for a few days.

O

OILCLOTH can be considerably preserved by washing with skimmed milk and water about once a month and rubbing into it three or four times a year a little linseed oil.

OILED SILK makes useful curtains for kitchens and bathrooms; it is water and dust proof but it shimmers and shines delightfully, and is to be bought in beautiful colourings.

S

SALT (the many uses of):

For Preserving Flowers. — Cut flowers may be kept fresh by adding salt to the water.

Salt to Set Colours.—Add salt to the water in which black and white cotton goods are washed.

To Clean Irons.—Flat-irons may be made smooth if rubbed over salt.

Added to Mustard.—A pinch of salt added to mustard prevents it souring.

To Stop Fire.—Salt thrown on any burning substance will stop the smoke and blaze.

To Kill Weeds.—Make a strong brine and water garden walks to kill weeds.

For Headache.—A pinch of salt on the tongue, followed ten minutes afterwards by a drink of cold water, often cures a sick headache.

For Sweetening the Breath. — Salt hardens the gums, makes the teeth white, and sweetens the breath.

T

TUMBLERS when they become wedged into one another can be easily parted by filling the inner one with cold water and standing the outer one in hot water. Glass stoppers that have become stuck can be unfastened by holding a cloth soaked in hot water around the bottle neck.

W

WASHING CURTAINS.—If you wish to prevent lace curtains from becoming torn when being boiled after washing, place them in a pillow-case.

WASPS can be destroyed by placing in a suitable position a saucer half filled with water in which a spoonful of formalin and a spoonful of sugar have been mixed. This will attract the pests and kill them rapidly.

WINDOW LEATHERS will always be moist and ready for use if kept in a glass jar.

Don't Wear a Truss!

BROOKS Appliance is a new scientific discovery with automatic air cushions that draws the broken parts together, and binds them as you would a broken limb. It absolutely holds firmly and comfortably and never slips. Always light and cool, and conforms to every movement of the body without chafing or hurting.

From a photograph of Mr. C. E. Brooks, inventor of the Appliance, who cured himself and whose experience has since benefited thousands. If ruptured write to-day.

We make it to your measure, and send it to you on a strict guarantee of satisfaction, or money refunded, and we have put our price so low that anybody, rich or poor, can buy it. Remember, we make it to your order—send it to you on **TEN DAYS' FREE TRIAL**—you wear it—and if it doesn't satisfy you send it back to us, and we will refund your money. That is the way we do business—always absolutely on the square—and we have sold to thousands of people this way for over 20 years. Remember, we use no salves, no harness, no lies, no fakes. We just give you a straight business deal at a reasonable price.

If in Manchester or London call at our consulting rooms. Experienced and capable fitters for ladies or gentlemen. Special attention given to children. Lady nurses always in attendance at both offices.

Fill in the Free Coupon below or just send your name and address on a piece of paper, mention that you are a reader of "Everyday Hints for the Home," and *post to-day* to either the London or Manchester address, whichever is more convenient.

Free Information Coupon.

Brooks Appliance Co., Ltd. (198), 80, Chancery Lane, London, W.C.2.
Brooks Appliance Co., Ltd. (198), Hilton Chambers, Hilton Street, Stevenson Square, Manchester, 1.

Without cost or obligation on my part, please send me by post, in plain wrapper, your Illustrated Book, showing new **REDUCED PRICES**, with full information about your Appliance for Rupture and your **10 DAYS' FREE TRIAL OFFER.**

If you wish to arrange for a Brooks Rupture Appliance to be supplied through your Approved Society we shall be pleased to offer you assistance and advice.

NAME ....

ADDRESS ....

....

(Please write plainly.)

If you are State insured, please give here the name and address of your Approved Society ....

Post the Coupon to London or Manchester, whichever you prefer.

EVERYDAY HINTS
IN THE LARDER

A

ALMOND PASTE can be increased in quantity without loss of the rich flavour by the addition of finely-crumbled sponge cake.

B

BACON should be lightly floured before frying to prevent it from shrinking.

BURNT MILK will not taste if a half-saltspoonful of salt is added.

BUTTER can be kept firm in the hottest weather by covering the plate with an ordinary inverted flower-pot bound round the edges with three or four folds of muslin soaked in cold water.

C

CAKE MIXTURE should be dry, otherwise the fruit will sink to the bottom of the tin.

CELERY TIPS make a piquant flavouring for soups and made dishes. Dry them slowly in the oven, crush them, and keep them in closed tins for use when required. Celery that has lost its crispness can be revived by placing it in a jug or vase filled up to the top with salted water.

CHEESE can be kept moist by placing a lump of sugar in the cheese-dish.

CREAM to serve with fruit and sweets can be made with half-a-pound of unsalted margarine and half-a-pint of milk. Heat the margarine and milk together until melted, then allow to cool until tepid and stir thoroughly. Three-quarters of a pint of delicious cream will be the result.

CURRANT "roly-poly" is greatly improved in flavour by the addition of two large spoonfuls of marmalade.

D

DRIED FRUITS such as prunes and figs should be soaked for 12 hours, and dried peaches and apricots for 24 hours, before being used. Wash the fruits, cover with hot water, soak for the time given in a covered dish, stirring occasionally. Instead of using sugar for sweetening, use honey for a change.

DRIPPING can be clarified by melting it and adding a similar quantity of boiling water. Leave to cool, afterwards lifting off the clean dripping from the top of the water.

F

FRESH FRUITS, plums, currants, etc., should be put in a saucepan with sufficient sugar, just covered with water, and allowed to simmer until done. Average time after coming to the boil, about eight minutes.

FRESHLY LAID EGGS can be determined by holding up to the light, when they should be transparent and free of dark spots.

FRIED FISH can be prevented from "spluttering" by putting a little salt in the pan, also a crust of bread.

FRYING-PANS should never be washed; they should be rubbed well round with soft paper.

FRUIT SALAD will not discolour if sprinkled with lemon juice.

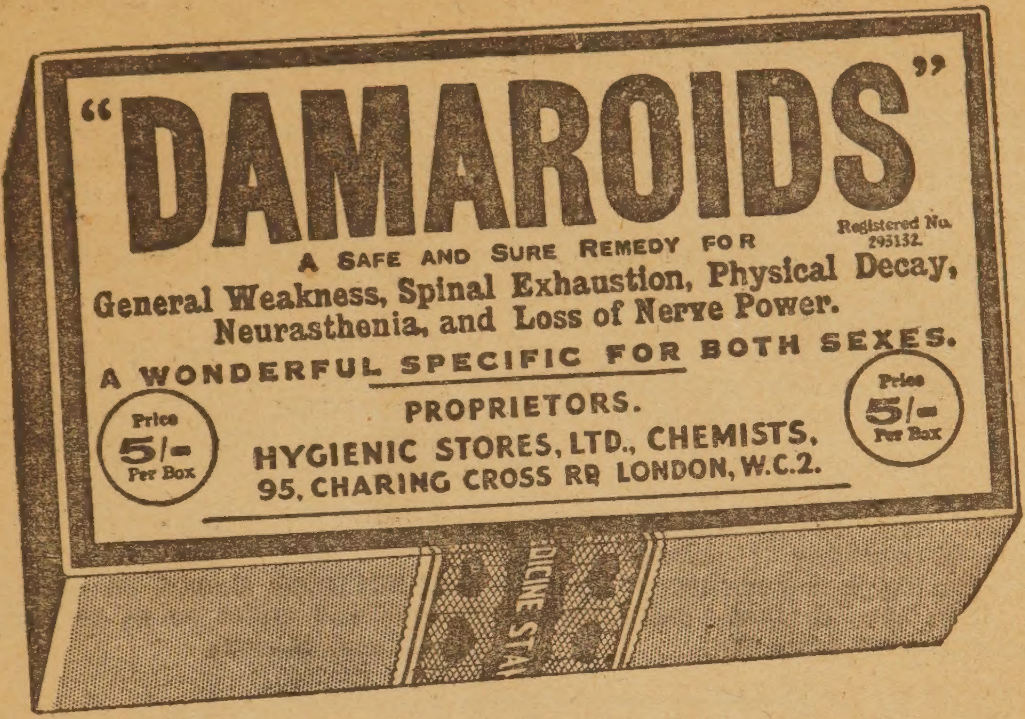
M

MILK PUDDINGS are best made by following two golden rules:—(1) Soak the cereal as long as possible before cooking; (2) cook very slowly.

MINCING MACHINES will work smoothly if oiled with a few drops of glycerine.

O

ONION WATER should never be thrown away; it makes a good foundation for a stew, especially if used with a meat extract.



"DAMAROIDS"
Registered No. 295132.
A SAFE AND SURE REMEDY FOR
General Weakness, Spinal Exhaustion, Physical Decay,
Neurasthenia, and Loss of Nerve Power.
A WONDERFUL SPECIFIC FOR BOTH SEXES.
Price 5/- Per Box
PROPRIETORS.
HYGIENIC STORES, LTD., CHEMISTS,
95, CHARING CROSS RD LONDON, W.C.2.
Price 5/- Per Box
DICINE STA

"Damaroids" are a safe and sure remedy for GENERAL WEAKNESS, SPINAL EXHAUSTION, PHYSICAL DECAY and LOSS OF NERVE POWER. They are a Unique and Wonderful Specific for both Men and Women. Effectively Restore Lost Vitality and Stamina, counteract results of late hours, excesses, etc.

NEW LIFE FOR A FEW SHILLINGS.

The cost of this wonderful life-renewing treatment is insignificant. "Damaroids" are sold in boxes at 3/-. Double Strength 5/-. or the Special Extra Strong, which take effect in a few minutes, 12/-. Extra Special Concentrated 24/- post free.

Important Warning.

Numerous and, in many cases, harmful substitutes are frequently offered to the public in substitution of "Damaroids." Ask for them by name and be sure you get them. Scorn all worthless substitutes.

Dr. O. MANN says: "'Damaroids' will strengthen and tone up the organs, both male and female, when all other remedies have failed—a safe, certain and speedy cure for all varieties of physical weakness of the organs of sexes, whether constitutional or acquired—if there is anything in the line of medicine that will make an old person, either male or female, young, it is 'Damaroids.' (See page 45 in the 'Husband and Wife's Handbook.'")

THE HYGIENIC STORES, LTD. (Dept. A.3.,)
95, CHARING CROSS ROAD, LONDON, W.C.3.
Branches:
24, EDGWARE ROAD, MARBLE ARCH; 123, EUSTON ROAD;
and 48, CRANBOURN STREET, LONDON
CITY DEPOT: 78, FENCHURCH STREET, LONDON, E.C.3.
BRIGHTON DEPOT: 71, WEST STREET, BRIGHTON, SUSSEX.

P

PASTRY should be kept in a warm place. It will keep drier and crisper in a kitchen cupboard than in a larder.

PICKLED CABBAGE can be prevented from turning blue by placing a small lump of sugar in the jar before the vinegar is poured on. A few slices of beetroot improved the flavour greatly.

PRESERVES can be prevented from becoming mouldy by putting a few drops of glycerine round the edge of the jars before fastening down the covers.

S

SAUSAGES can be prevented from shrinking or bursting if covered with boiling water for a few minutes. They should then be drained and fried quickly with very little fat.

SLICED ONIONS, if dipped in milk before frying, will have a golden colour and greater crispness.

STEWED PEARS are much improved if a dessert-spoonful of apricot jam is rubbed through a sieve and added to the syrup in which they are cooked.

SUET PUDDINGS, made over-night and boiled the next day in cold water, will be very light.

T

TOUGH MEAT can be made tender by rubbing it with lemon juice and vinegar.

W

WATERCRESS should be well washed in salt and water so as to remove all larvæ and insects.

HINTS ON SHOPPING.

The "cheap" shopping centre will be where rents and rates are lowest. The shopkeepers in the fashionable streets must get their heavier expenses out of the extra prices they charge their customers.

But consider "quality" as well as "price." Some things are cheap and nasty.

If you buy from hawkers and stall-keepers you have little chance of redress when the goods turn out to be faulty. Shop with a reliable local man, who will do his best to retain your custom.

You are entitled to your full weights and measures. We are all liable to make mistakes with scales — even shopkeepers!

A half-quartern loaf should weigh 2 lbs., and if you buy one at a shop you are entitled to have it put on the scale, and made up to that weight if it be short. This does not apply to fancy breads.

The coal-vendor must carry scales on his van or lorry, so that the buyer may have the sacksful of coal weighed should he exercise his right to do so.

Shop as early as possible. Assistants are tired and anxious to get away towards closing time.

If you are making several purchases, prepare a shopping-list, so that you can visit your shops as you "go along" without having to retrace your steps.

Before you buy, have a pretty good idea of what you want, and how much you can afford to pay for it. If the shopkeeper tries to put you off with something "just as good," you are entitled to your own opinion.

Don't be afraid of asking for estimates, samples, or patterns.

Don't buy something you don't want because you hate going out of the shop without buying anything. If the shopkeeper hasn't got what you want, that isn't your fault.

Don't buy something you don't want because it is cheap.

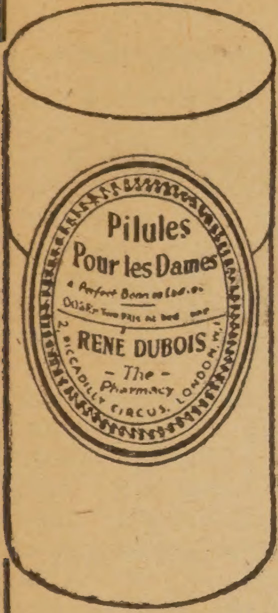
If you are buying articles of food, the shop with a big turn-over and quick sales will probably have the freshest stock.

If you are spending a large amount, get prices from two or three firms in the same line of business.

To do your own marketing is cheaper than having the tradesmen call for orders. Errand-boys and booking have to be paid for.

If you ask a shopkeeper to get a thing specially for you, don't forget to go for it, or buy it instead at another shop. It isn't fair to put a tradesman to trouble for nothing.

An Invitation to all Ladies



DO not waste money on useless remedies, but write *NOW* for

RENÉ
DUBOIS
"PILULES"

for all irregularities. **Guaranteed speedy and effective even in the most obstinate and unyielding** cases. Acts like magic, and are effective in a few hours. No nauseating drugs or useless injections. **Failure impossible.** No further need for worry. Price 5/-, and extra strong, 10/- post free.

RENÉ DUBOIS
(Dept. A.3.),
THE PAVILION PHARMACY,
2, PICCADILLY (CIRCUS),
LONDON. W.1.

LOST VITALITY REGAINED

✷

OLDCORN'S
ENERGY TABS.

A combination of Gland Extracts considered the best method indicated in severe cases of diminished sexual power. They infuse new life into the vital organs of the body of both MEN AND WOMEN.

**Prices: 5/- per box,
Extra Strong 10/-,
Special Extra Strong 20/-,
Post Free.**

Call or write:—

RENÉ DUBOIS
(Dept. A.3.)
THE PAVILION PHARMACY,
2, PICCADILLY (CIRCUS),
LONDON, W

Adults only supplied.

Guaranteed Surgical Appliances Eliminate Birth-Control Risks . .

BIRTH CONTROL RISKS ELIMINATED by Purchasing only GUARANTEED RUBBER GOODS. FULLY ILLUSTRATED Catalogue of PRO-RACE APPLIANCES and Rubber Goods of every description containing the very latest methods of contraception Free. NO RISK, NO FAILURE or INCONVENIENCE UNDETECTABLE. Also Whirling Sprays, Enemas, etc.

All guaranteed and sent on approval. Catalogue Post Free.

RENE DUBOIS (Dept. A.3.),
THE PAVILION PHARMACY, 2, PICCADILLY (CIRCUS), LONDON, W.1
(Adults only Supplied).

EVERYDAY HINTS ON
FIRST AID

A

ALUM makes an excellent gargle for slight sore throats and mouths. Dissolve half a teaspoonful in half a pint of hot water, add a teaspoonful of treacle or golden syrup, and gargle at intervals.

B

BEE STINGS.—First remove the sting if still in the bite. Then apply ammonia in whatever form is handy, or washing soda or bicarbonate of soda in solution, or, if all these fail, the blue bag

BLACK EYES can be remedied by the old-fashioned treatment of applying a piece of raw steak to the injured part and leaving it on all night. Some boxers declare that an application of common soft soap will rapidly remove the discolouration.

BRUISES of a simple nature should be treated with cold compresses fixed by means of tight bandages. Ice is also excellent to rub on the injured parts. Severe bruises should be treated with lead and opium lotion.

BURNS AND SCALDS.—In serious cases summon the doctor immediately. Whilst waiting, saturate strips of lint with a vegetable oil and apply gently to cover wound. Carron oil is best, but linseed or olive oil will serve. Over this place cotton-wool and a light bandage.

C

CHILBLAINS.—An excellent cure for these troublesome things is obtained by covering them with a rag that is wet with warm water in which a large lump of saltpetre has been dissolved.

COLDS. — Take three medium-sized lemons, boil for 6 to 8 minutes, then slice them thin with a sharp knife. Put them and the juice into a brown earthen pan, and put over them 1 lb. of clean brown sugar—the browner the better—and heat the pan so that the sugar may melt gradually. When it is melted apply more heat and stew for three hours. Take off and stand for half an hour, and then stir into it a small tablespoonful of oil of sweet almonds. When cold it is ready for use; the mixture should be stirred when taking it.

CONVULSIONS are often preceded by contractions occurring in a limb. Drawing in the thumb tightly across the hand is frequently a warning. The best treatment is to put the child into a hot bath at once or to apply cloths dipped in hot mustard and water to the feet, legs and lower part of the body.

CUTS, SCRATCHES, ETC.—As these often seem trivial, precautions are often neglected, yet the tiniest scratch may mean blood-poisoning or lock-jaw. First, thoroughly cleanse the broken surface under the tap. Now apply iodine and then a gauze or other dressing. Bandage this on or fix with a strip of plaster.

D

DAMP BEDS are dangerous and unpleasant. If it is feared that the sheets are damp, insert your watch for a few minutes, and if there is moisture on the glass, change the sheets.

DAMP ROOMS that are seldom used can be freed from dampness by placing a large piece of camphor in each corner.

DOG BITES. — Cleanse the bite thoroughly. Apply iodine and a pencil of silver nitrate caustic freely. Then cover with lint or antiseptic gauze and bandage.

F

FAINTING FITS.—Open doors and windows. Lay the subject down with the head the lowest part. Put pillows

NATURE'S CURE

Dr. De JONGH'S

LIGHT–BROWN

COD LIVER OIL

contains

VITAMINS A & D IN CORRECT PROPORTION WITH ALL THE OTHER VALUABLE CONSTITUENTS of COD LIVER OIL.

FOR over 80 years the proprietors of Dr. De Jongh's Light Brown Cod Liver Oil have offered a preparation which can be relied upon to give the most uniform and satisfactory results. Dr. De Jongh's Cod Liver Oil is prepared from the finest natural Oils in such a manner that Vitamins A and D, together with all the other valuable constituents, are retained to the fullest extent.

FOR QUICK RELIEF I HAVE FOUND IT VERY EFFECTIVE! A JOY BRINGER!

Highly recommended by Medical Authorities in cases of

CONSUMPTION, ASTHMA, BRONCHITIS, RHEUMATISM, INFANTILE and ALL WASTING DISEASES

Sold in IMPERIAL HALF-PINTS **4/-**

PINTS **7/9**

Sole Proprietors

ANSAR HARFORD & Co Ltd. 182, Grays Inn Rd. London, W.C.1

under feet. Loosen clothes round neck and waist. Apply smelling salts. Sprinkle forehead with cold water. Apply friction to the heart region. As the senses come back give one teaspoonful of sal volatile in a cup of water, to be drunk slowly. Keep at rest for one hour.

FIRST-AID OUTFIT.—The minimum outfit to deal with emergencies is as follows:—

- 1 oz. tincture of iodine.
- 1 oz. sal volatile.
- 1 small bottle of carron oil.
- 2 ozs. castor oil.
- 1 small reel of rubber plaster.
- Assortment of bandages varying in width from 1 to 2½ inches.
- Roll of surgical lint.
- ¼lb. cotton-wool.
- Sharp pair of scissors.
- Safety pins.

I

ICE is sometimes needed for an invalid, and, if unobtainable, a useful substitute can be made by taking equal quantities of milk and spirits of wine, which makes a very cold lotion. Apply by means of a cloth well soaked in the mixture.

M

MOSQUITO AND GNAT BITES.—Apply iodine freely. For any subsequent swelling apply calamine lotion on lint covered by oiled silk.

N

NOSE BLEEDING.—Seat patient upright on chair near open window and loosen neckwear. Apply cold water compress to nose, forehead and nape of neck and give cold water to sip.

P

PURIFYING THE AIR.—Wave or shake in the air of a room which smells "stale" or "close," a cloth which has been damped in lime water.

S

SCALP WOUNDS.—Clip the hair around the wound with scissors. Apply iodine. Place pad of clean lint on the wound. Over this put a handful of cotton-wool. Fix the dressing with a two-inch bandage round the skull to prevent any further mischief.

SPRAINED ANKLE.—Apply either hot foments every four hours or a cold compress. After first 24 or 36 hours bandage ankle firmly and rest it. Do not bear any weight on it till you can do so without pain. Later, use massage and wear a bandage or anklet till it is strong again.

SUNSTROKE.—Carry the patient to the coolest shade. Loosen clothes round neck and waist. Raise the head by a pillow. Apply cold water and ice, if obtainable, freely to the head and neck. Give no stimulants. On returning consciousness give ice to suck and a full dose of salts. Keep patient in bed for two days.

SICKROOM HINTS:

A SICK ROOM should be as well ventilated as possible. The top of the window for the ingress of fresh air, and an open chimney for the egress of tainted air, are the two important channels of ventilation.

THE PULSE is a valuable guide in most cases of disease. In fever it is quick and strong. In inflammation it is quick, hard and full, while in debility it is quick and small or "thready." The normal pulse per minute is:—In adults 70 to 80, in infants 100 to 120, in childhood and youth 80 to 100. In old age it is sometimes very slow.

A PARDONABLE EXAGGERATION.

Who has not heard the sufferer from rheumatism wearily exclaim, "I have tried every remedy under the sun, and none of them is any good!"

There is an extraordinary number of remedies on the market, no doubt—for rheumatism is a national scourge—and the patient flies from one to another in the vain hope of relief. But somewhere, perhaps, there is a specific which would meet our own particular case could we but lay our hands upon it.

I am thinking of the Aniska preparations, which, if not flamboyantly advertised, have gained a great reputation by sheer recommendation. You cannot stand up to criticism and practical tests for 30 years without a solid backing of merit behind you.

Anyway, Lord Beaconsfield once said, "The fool wonders and the wise man asks."

You may *wonder* whether the Aniska preparations would do you any good; but why not ASK? The address is 230, Vauxhall Bridge Road, S.W.1, and a postcard will settle the question.

NERVOUSNESS

A REMARKABLY INTERESTING BOOK ON NERVOUS DISORDERS GIVEN FREE TO ALL SUFFERERS.

There is no greater obstacle to health, success and happiness than a nervous disposition created by morbid fears. Nervous fears deprive you of the ability to reveal your *real* self; to develop your talents and make a headway in the battle of life. Fear ruins your health, robs you of the joy of living, and causes more misery and suffering than many acute physical disorders.

Are YOU a victim of fear? Are you tortured by the nerve-racking terrors of worry, pessimism and depression? Are you a "bundle of nerves, obsessed by morbid thoughts and gloomy presentiments? Have you an "inferiority complex," which causes you to endure untold humiliation and embarrassment through being timid and self-conscious?

If you are suffering from any of the following nervous symptoms send at once for this book and learn how to conquer your weakness instead of letting it conquer you.

WEAK NERVES
DEPRESSION
INSOMNIA
"INFERIORITY COMPLEX"
SELF-CONSCIOUSNESS
BLUSHING
GROUNDLESS FEARS
MORBID THOUGHTS
WORRY, ETC.

Stop wasting money on cheap quack remedies and useless patent medicines and send for this absorbingly interesting book, which describes a simple, inexpensive, drugless home treatment. A copy will be sent in a plain sealed envelope, without charge or obligation. Write NOW and you will be delighted to learn how easily you can acquire strong nerves, robust health and a happy, confident personality.

Henry J. Rivers (Dept. E.H.1.), 40, Lambs Conduit Street, London, W.C.1

FREE BOOK TO LADIES

The knowledge contained in this book is of priceless value to every married lady, and has been the means of brightening the lives of thousands, and in our wide experience we have never before seen a book which is so complete with information and advice such as will be of life-long assistance to you. The book is divided into nine chapters as follows:—

Chapter I.—PROBLEMS OF PHYSICAL AND MENTAL NURTURE.
Chapter II.—THE EFFECT OF MARRIAGE.
Chapter III.—PARENTAL PRUDENCE.
Chapter IV.—PREGNANCY AND ITS SYMPTOMS.
Chapter V.—DURATION OF PREGNANCY.
Chapter VI.—SONS OR DAUGHTERS.
Chapter VII.—TO PRESERVE THE VITAL POWERS.
Chapter VIII. — PREVENTION (ITS WAYS AND MEANS.)
Chapter IX.—CRITICAL PERIODS OF A WOMAN'S LIFE.

All the contents are most clearly and ably shown as to be perfectly understood, and no book is written which goes so thoroughly into matters relating to married women. We shall be pleased to send this wonderful book, post free to adults only, if you will write to us now, as it is having a rapid sale.

THE LONDON SURGICAL CO. (Dept. A.3.)

8, GREEN STREET, LEICESTER SQUARE, LONDON, W.C.2.

HINTS ON
House Cleaning & Repairs

B

BATHS, ENAMELLED, can be cleaned with whitening and soap extract mixed with sufficient water to make a thick cream. This mixture will remove stains and marks if rubbed well with a soft rag.

BOOKS with torn or loose pages can be readily mended with transparent adhesive paper.

BRASSWARE can be cleaned by being rubbed all over with a cut lemon. Then wash with warm water and soap and polish with a rag slightly smeared with paraffin. Verdigris can be removed from brasswork by rubbing with a pad moistened with unslaked lime.

C

CARPETS when faded should be well swept and then sprinkled evenly with salt. Scrub with soft brush moistened with warm water to which a little vinegar has been added. Brussels carpets should be cleaned by brushing with a pailful of warm water in which half-a-pint of turpentine has been mixed.

CHROMIUM articles only want rubbing with a dry soft cloth to retain their polish.

D

DOORS that are squeaky can be remedied by applying a drop of machine oil on the hinges with a feather. Doors that fit badly do so because they are either badly hung, warped, shrunken or swollen. See that the hinges are right and tightly screwed. If the wood is twisted or swollen, plane away the parts that cling.

DYE STAINS should never have soap or soda applied to them. The article, instead, should be plunged at once into clean boiling water, but if the article is of flannel or silk, only the stained portion should be immersed in the water, fresh hot water being added from time to time.

E

EMBROIDERY or lace of a delicate nature can be washed without fear of tearing by shaking well in a wide-necked bottle, first with soapsuds, then with clean warm water.

ELECTRIC BELLS that will not ring can be made to do so by cleaning out the batteries and recharging them with salammoniac dissolved in the proportion of a quarter of a pound to the quart of water.

F

FORKS made of steel can be polished by the use of a cork and some brick-dust.

FURNITURE of the carved variety can be cleaned with a brush dipped in linseed oil. Polish vigorously an hour afterwards.

G

GILT FRAMES that have become dull should be rubbed with a piece of lemon and then sponged over with warm water containing a pinch of bicarbonate of soda.

KID GLOVES should be cleaned with white Windsor soap and sour milk. Put the gloves on the hands, rub with a flannel dipped in the milk, and then the soap, afterwards massaging gently towards the finger-tips.

GREASE may be removed by an application of petrol, in the use of which, however, the greatest care must be taken, owing to its extremely inflammable nature.

GUTTERS AND GULLEYS should be carefully cleaned out at the approach of winter as they are apt to become filled with fallen leaves. Gulleys that are fed with bath or scullery water should be cleansed with hot soda water weekly to keep them clear of grease.

PSORIASIS

YOUR SKIN AND YOUR SCALP

Have done with Psoriasis. As the result of years of research and practical experience, a splendid Treatment has been evolved for this distressing malady of Psoriasis. This treatment is giving unbounded satisfaction to hundreds of present and former sufferers. The results are indeed most gratifying.

Stubborn cases which have defied all efforts for years rapidly yield to this grand Treatment. Those Psoriasis spots and patches on the arms, legs and body which cause you such despair soon fade away, and instead you get a new, clean, healthy skin, same as you used to have.

The scurf and inflamed pimples and matted scales on your head quickly subside, and a healthy hair growth is your reward.

The Treatment is easy to use and brings remarkable and gratifying results. No matter what else has failed you, this treatment will give you full satisfaction.

Write to-day for a most interesting publication which gives full particulars of this splendid Treatment, and is sent free to sufferers.

Address your letter to Superintendent,

NATIONAL SKIN INSTITUTE (Ward 9 K)
Great Clowes Street, Broughton
Manchester

KNOW WHAT THE FUTURE HOLDS FOR YOU!

Professor EL-TANAH
Exalted Mystic and Astrologer will send Amazing Forecast of your Life
Absolutely **FREE.**

Let Professor EL-TANAH cast your Horoscope

FREE

DON'T MISS TO-MORROW'S OPPORTUNITIES!

The wheel of fortune turns up new opportunities daily. The Stars reveal them and tell you how to take advantage of them. Consult the stars about Business, Love, Courtship, Marriage ties, travel, speculation, knowing friends from enemies, lucky and unlucky periods and other information of untold value.

Send exact date and place of birth (hour if known) for a FREE forecast of your future by Professor El-Tanah. Write your full name and address plainly. You need send no money, but, if you wish you may enclose 3d. to cover postal and clerical expenses. The startling predictions of the Stars often lead to unexpected fortune and happiness, which might otherwise never be obtained. Act now and post to-day!

PROFESSOR EL-TANAH
(Dept. 95), El-Tanah Studios,
JERSEY, CHANNEL ISLANDS

H

HANDKERCHIEFS can be whitened by adding peroxide of hydrogen to the final rinsing water.

I

IRON AND STEEL should be polished with emery cloth and then rubbed over with a rag moistened with turpentine.

K

KNIFE - HANDLES should never be washed by placing in hot water, which makes them liable to crack. They are best cleaned by wiping with a warm dish-cloth.

L

LINOLEUM may be made to look bright and new by rubbing it thoroughly with a flannel cloth dipped in equal parts of salad oil and vinegar. Do not allow any of the mixture to remain on the surface of the linoleum. If very much soiled, clean by wiping with a wet, soapy cloth before using the oil and vinegar

LINO POLISH.—A good polish for linoleum can be made by mixing 1 gill of methylated spirit with 1 oz. of shellac. Put the shellac into the spirit; it is ready for use when the shellac is dissolved. Apply with a cotton cloth, keeping the mixture well shaken.

M

MACKINTOSHES that require cleaning should be placed on a wooden table and scrubbed in sections with lukewarm water and a little ordinary soap, then well rinsed in cold water and hung to dry. On no account should a mackintosh be wrung or pressed out.

MIRRORS can be beautifully polished by immersing a soft flannel in cold tea and rubbing until dry.

MOROCCO LEATHER can have its lustre restored by varnishing with the white of an egg.

P

PAINT BRUSHES can be softened by boiling some vinegar and letting them remain in it to simmer for a time. Afterwards they should be washed well in strong soapsuds.

PARCHMENT PAPER LAMP-SHADES can effectively be cleaned by rubbing over with soft, new, crumbly bread, renewing the bread as soon as it becomes soiled. Silk shades can be laundered at home by dipping them gently up and down in a soapy lather, rinsing in the same way and drying quickly.

R

RAIN MARKS on brown gloves and shoes can be removed by the application of a little methylated spirit.

RED-INK STAINS are not so easy to remove as black ones The stain should be soaked in a solution of ammonia and water, afterwards being squeezed gently in milk and then laundered in the ordinary way.

S

SILVER JEWELLERY can be cleaned most effectively by brushing it with a soft brush dipped into the powder of a broken gas mantle

SODA is a foe to grease, and should always be used for washing up plates, dishes, stew-pans and boilers Soda is apt to discolour the articles to which it is too liberally applied. Paint for instance, should never be washed with soda. The latter robs it of the gloss, and if the paint is white, or of a delicate pale tint, the soda gives it a dingy, muddy look. A little soft soap is the best thing with which to wash paint, as the amount of soda in it is comparatively small.

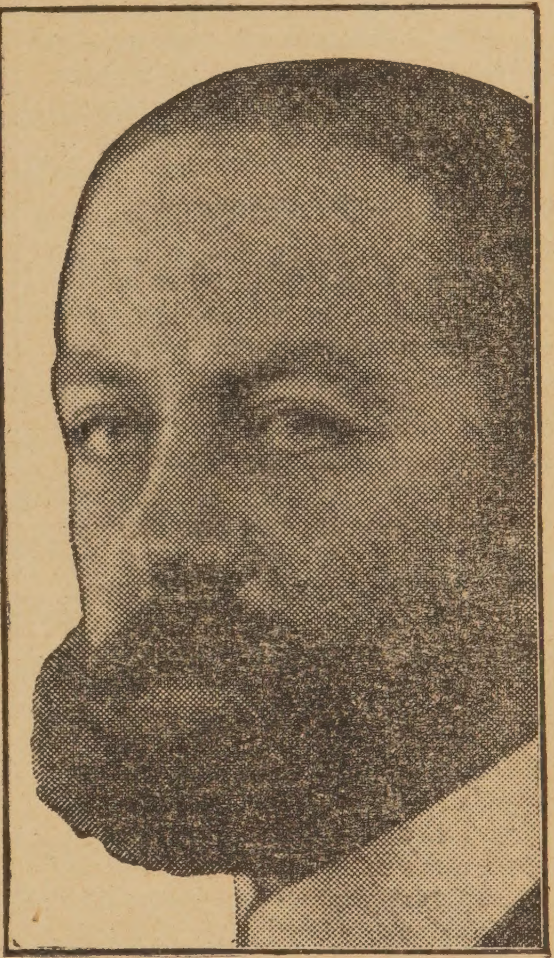
T

TILES that are discoloured are most easily washed by using very hot water to which a few drops of paraffin have been added. This also brings out the colour of the tiles Brown marks on tiles can be removed by the use of lemon juice. Rub afterwards with powdered French chalk, applied with a damp flannel. Linseed oil and turpentine mixed in equal parts will give a fine gloss to tiles.

TORTOISE-SHELL can be kept in good condition by applying white oil or vaseline, afterwards polishing with a soft cloth

REVEALS SECRET OF PERSONAL INFLUENCE

Simple Method that Anyone Can Use to Develop the Powers of Personal Magnetism, Memory, Concentration, Will-Power, and to correct Undesirable Habits through the wonder-science of Suggestion. 80-pake Book Fully Describing this Unique Method and a Psycho-Analysis Character Delineation FREE to all who write at once.



Count H. Csaky-Pallavicini

"Fear, in one form or another, is responsible for half the failure, sorrow and misery in this world," states Prof. Elmer E. Knowles the eminent Psychologist "The worrying habit," continues the Professor, "has grown apace through the tension of modern times and become humanity's worst enemy; it undermines the strongest constitutions, sours the sweetest dispositions and silences most of the song and laughter in the lives of its unfortunate victims." "But," says Prof. Knowles, "there is a sure cure for these insidious drawbacks, which anyone can apply in the privacy of their own home." His new book, "The Key to the Development of the Inner Forces," an edition of which has just been printed for free distribution, describes a simple, guaranteed method of overcoming the inferiority-complex, timidity, self-consciousness and the shy ill-at-ease feeling when in the presence of strangers.

It explains how these serious handicaps may be replaced with self-confidence, will-power and force of character How Personal Magnetism, Personal Influence, Physical and Mental Charm and the powers of memory and concentration may be easily acquired.

Proof of the efficacy of Prof. Knowles' unique method is found in the words of Count H. Csaky-Pallavicini, who writes: "Everyone in the world should have your simple system. People need this instruction as our lungs need fresh air and our bodies food." The book, which is being distributed broadcast free of charge, is full of photographic reproductions showing how these unseen forces are being used all over the world and how thousands upon thousands have developed powers which they little dreamed they possessed. The free distribution of 10,000 copies is being conducted by a large Brussels Institution and a copy will be sent post free to anyone interested

In addition to supplying the book free, each person who writes at once will also receive a psycho-analysis character delineation of from 400 to 500 words as prepared by Prof. Knowles. If you wish a copy of Prof. Knowles' book and a Character Delineation, simply copy the following verse in your own handwriting:

"I want power of mind
Force and strength in my look.
Please read my character
And send me your book."

Also send your full name and address plainly printed (state whether Mr., Mrs. or Miss) and address your letter to: "PSYCHOLOGY FOUNDATION, S. A. (Dept. 688), rue de Londres, 18. Brussels, Belgium." If you wish you may enclose 4d. (stamps of your own country) to pay postage, etc. Be sure to put sufficient postage on your letter Postage to Belgium is 2½d

Note: Psychology Foundation is an old-established publishing house that has made many friends through the distribution of useful books and pamphlets on mental and psychological subjects. More than 40 University professors have contributed to its literature and all of its publications, for which a charge is made, are sold under a guarantee of entire satisfaction or money refunded.

W

WALLPAPER that has become greasy can be cleaned by placing a thick sheet of blotting-paper over the grease mark and pressing with a hot iron. Wallpaper can be cleaned with oatmeal applied with a damp cloth. Rub gently, paying particular attention to stained parts. If the wallpaper is varnished, rub lightly with a cloth wrung out in strong cold tea, allow to dry, then polish with a pad of soft cloth.

WASHING.—To improve the colour of white clothes, dissolve a little pipe-clay in the water in which they are washed. This saves both soap and labour, and is very beneficial.

ANOTHER GOOD METHOD to whiten clothes without bleaching is to put 1 oz. of oxalic acid into a pint of water. Use this solution to the measure of one cupful to a bucketful of water. Put the clothes into this water, stirring them all the while, and rinse them when they are taken out. This method will not injure the finest fabric.

TO WASH COLOURED CALICOES.—Infuse 3 gills of salt in 4 quarts of boiling water; put the calicoes in while hot, and leave until cold. In this way the colours are rendered permanent, and will not fade with subsequent washing.

WASHING-UP should be completed by throwing down the sink a plenteous supply of strong, boiling soda water to melt the grease and clear away any obstructions. Finally, turn on the cold water supply for a few moments.

WATER-BOTTLES, decanters, etc., can be kept clean inside by the use of potato-peelings or tea-leaves.

WINDOWS that are very dirty can be readily cleaned by washing them with water containing a little paraffin. A creased newspaper is excellent for polishing them. To remove paint and varnish splashes from windows, rub with hot vinegar.

WIRE MATTRESSES can be cleaned and the dust removed by using a cycle pump.

HOME-MADE WEIGHTS and MEASURES

10 hens' eggs weigh roughly 1 lb.
3 teaspoonfuls equal one tablespoonful.
4 tablespoonfuls equal one wineglassful or half a gill
2 gills equal one tumbler.
2 tumblers equal one pint.
2 pints (4 tumblerfuls) of flour equal 1 lb.
2 pints castor sugar equal 1 lb. 7 ozs.
2 pints of granulated sugar equal 1 lb. 9 ozs.
A halfpenny is 1 in. wide.
A sixpence is ¾ in. wide.
Half-a-crown is 1¼ in. wide.
From tip of forefinger to first joint: 1 in.
Span of thumb and forefinger: 8 ins.
Span of thumb and little finger: 9 ins.

WHAT THE BABY SHOULD WEIGH.

Average weight at birth:

Boys—7½ lbs. Girls—7 lbs.

Month	Boy	Girl	Month	Boy	Girl
1	8¾	8¼	13	23	21½
2	10¾	10¼	14	23¾	22
3	12¼	11¾	15	24¼	22½
4	13¾	13	16	24¾	23
5	15	14	17	25½	23½
6	16¼	15¼	18	26	24¼
7	17½	16½	19	26½	24½
8	18¾	17½	20	26¾	25
9	19¾	18½	21	27¼	25¼
10	20½	19	22	27½	25½
11	21½	20	23	28	26
12	22½	21	24	28½	26½

VACCINATION.—A child need not be vaccinated if the parent within four months of its birth makes a declaration that he or she conscientiously believes vaccination would be deleterious to the child's health.

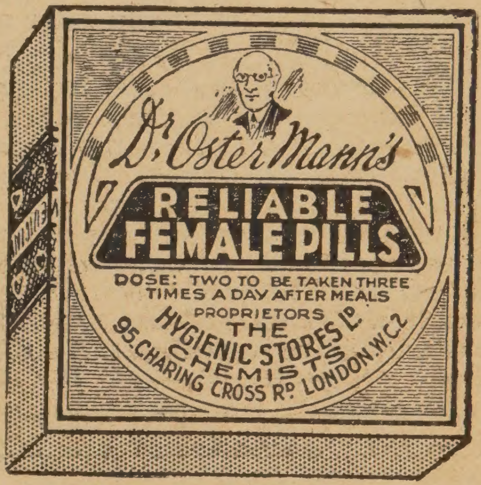
◆

YOUR RUBBISH TIN. — Paint the bottom of your rubbish tin on the inside and outside and you will find it has lasted three times longer than a previous one which was not painted. The paint prevents the wet rubbish from rusting the metal.

DR. OSTER MANN'S
FAMOUS
Female Pills

THESE famous pills, recommended by many eminent physicians and thousands of ladies, entirely supersede Pennyroyal, Pil Cochia, Bitter Apple and all similar old-fashioned and mostly worthless remedies. Moreover, they are absolutely *harmless*. Their efficacy has been proved, not once, but times without number.

Ladies! **In all ailments incidental to the sex, Dr. Oster Mann's Female Pills have been used with extraordinary success. Countless letters from all parts of the world provide conclusive and undeniable proof of their efficacy.**


Dr. Oster Mann's
RELIABLE
FEMALE PILLS
DOSE: TWO TO BE TAKEN THREE TIMES A DAY AFTER MEALS
PROPRIETORS
THE
HYGIENIC STORES LD.
CHEMISTS
95, CHARING CROSS RD. LONDON. W.C.2

GUARANTEE and WARNING.

Dr. Oster Mann's "Safe and Certain" Female Pills are guaranteed to be absolutely harmless and free from any dangerous drugs of any description whatever. They are prepared from the exclusive original formula of Dr. Oster Mann and are supplied only in boxes bearing his signature. NONE OTHERS ARE GENUINE and legal proceedings will be instituted immediately in all cases of fraudulent substitution brought to the notice of the proprietors.

Sold in Boxes 1/3, 3/-; Extra Strong 5/-

Post Free or Call.

THE HYGIENIC STORES, LTD. (Dept. A.3.)

CHEMISTS.

95, CHARING CROSS ROAD, LONDON, W.C.2

Branches:
24, EDGWARE ROAD, MARBLE ARCH; 123, EUSTON ROAD; and 48, CRANBOURN STREET, LONDON.
CITY DEPOT: 78, FENCHURCH, LONDON, E.C.3.
BRIGHTON DEPOT: 71, WEST STREET, BRIGHTON, SUSSEX.

FREE OFFER Sample and Copy of "LADIES' GUIDE TO HEALTH," sent post free (to adults only).

Hints on
Health and Beauty

AMMONIA dissolved in boiling water makes an excellent tonic for the bath. Pour a pint of strong ammonia water into the bath before bathing.

BALDNESS.—Ten parts crude cod-liver oil, ten parts juice of onions, five parts of mucilage or the yolk of an egg; thoroughly beat up together. Well massage this mixture in the scalp once a week.

BATHS. — Sun-bathers should never expose themselves to the sun too rapidly or too long. Air baths are very beneficial and in mild weather it is a good plan to lie in the early morning near an open window with as much of the skin exposed as possible. It is excellent to indulge in breathing exercises whilst air bathing. Medicinal baths should be taken under medical advice.

BLACKHEADS are usually caused by indigestion. Exercise and the avoidance of constipation are essential for a cure, which can be assisted by washing in very hot water followed by an application of glycerine, spirits of wine and sulphur, to which a perfume has been added.

BREATHING. — Deep-breathing exercises should be practised slowly after rising. Breathe through the nostrils and extend the lungs slowly and then expel the air as slowly as possible.

COMBS brushed after use with a small nail brush dipped in warm water and borax will be made free of dust and grease.

EXERCISES.—This is a fine exercise for reducing the hips: Lay on your back on the floor with arms outstretched at right-angles to your body. Bring one leg up without bending the knee and across the body until it touches the right hand. With the right leg touch the left hand. It will probably be found at first a difficult exercise, but you must persevere to effect a cure for too large hips.

EYES should be bathed every morning with slightly tepid water in which a little boracic powder has been dissolved. Pour the liquid into an eye-bath, or if you have not one a clean eggcup will do. Open and shut your eye whilst immersed in the water half a dozen times. This will remove the sticky feeling as well as dust and impurities.

EYELASHES can be kept silky and their growth will be strengthened by applying vaseline lightly at night.

FRECKLES can be removed by washing the face twice daily with thick barley water mixed with spirits of wine. Apply cold cream after washing off the application.

HANDS.—The care of the hands requires special attention. The following recipe will keep them in good condition: Equal parts of rose-water and glycerine, mixed while warm and kept tightly corked. Shake bottle before using. If the hands are very rough and red it is better to put two-thirds of glycerine to one of rose-water. Oatmeal is another useful remedy to be used after washing. Wearing a pair of loose gloves at night also helps.

HAIR.—Warm olive oil should be massaged on the scalp if the hair is dry and inclined to dandruff. The oil should be used the night before the shampoo. Grey hair when premature may be remedied by a wash of methylated spirits and strong, black tea mixed with a tablespoonful of salt to the pint. This wash also stimulates the growth.

NAIL BRUSH BRISTLES can be kept stiff by soaking once a week in salt water.

OATMEAL WATER is useful for cleaning the skin in eczema or infancy. It is made by placing a handful of oatmeal in a muslin bag, allowing it to soak for an hour in a gallon of water, and then boiling for 20 minutes. The upper portion should afterwards be poured off gently.

For a splitting Headache
For acute Neuralgia
For a feverish cold

ZOX

What sufferers say:—

"They acted like magic."—J. H. H.

"Your powders are the only things I find to relieve my pains."—B. D.

"Nothing I had tried would stop the pain, but I am pleased to say that ZOX has done so."—M. L.

"I was very nearly mad with pain," writes M. H., "so I went to the first chemist and got one of your powders. I can assure you I am another woman."

2 POWDERS FREE ZOX is sold in powder form (acts quicker that way) by Chemists and Stores, 2d. each, or 1/6 and 3s. per box. Send 1½d. stamp (to cover postage) for 2 free powders now. The Zox Mfg. Co. (Dept. 59), 11, Hatton Garden, London, E.C.1.

OINTMENT.—For roughened hands melt a quarter of a pound of suet, pour off the fat and, while it is still hot, add a pennyworth of sulphur and a teaspoonful of rosewater. Stir till smooth.

ROSEMARY LEAVES.—These are of great use to the toilet. A strong decoction of rosemary leaves, either alone as a hair lotion or in combination with other substances. The fresh leaves are the best. Place two ounces in the bottom of a pie-dish, covered with water, and allow to simmer in the oven for 20 minutes. The leaves can be dried for the winter, when fresh ones cannot be obtained.

SILK STOCKINGS will not show rain marks if washed in salt and water before being worn. If they are always rinsed in clean soap-suds instead of water they are less liable to "ladder." A few drops of methylated spirit added to the final rinsing is another useful deterrent to stocking ladders.

SKIN.—If you suffer from pimples you should eat plenty of green vegetables and fresh watercress should be eaten with every meal. Not only does watercress give a good complexion, it also produces a fresh, bright colour, as it has the peculiar faculty of absorbing iron from the water in which it grows.

SKIN (OILY) should not be treated with cold cream. A mild soap is a much better cleanser. A little ice should be rubbed over the face and neck occasionally until the skin tingles. Afterwards an astringent lotion, consisting of sixteen parts witch hazel and one part tincture of benzoin, should be applied.

SKIN TONIC.—Marlene Dietrich advises as a skin tonic a cut apple to be rubbed over the face and hands every morning as a skin tonic. Owing to the astringent properties possessed by apples, this treatment removes wrinkles and lines and keeps the skin smooth and glowing.

SOAP.—Always use a good soap (Castile is excellent), with a pinch to soften the water (if necessary). When the face is thoroughly cleansed well rinse in cold water. When thoroughly dried pat in some good skin food, remove with a small pad of cottonwool and then use whatever powder you think necessary. A little perfume or bath salts added to the water both softens and perfumes the skin. Eau-de-Cologne, lavender water or ammonia if preferred are all useful.

SUNBURN can be cured by rubbing the skin gently with a slice of cucumber, which should be dried off with a soft towel. An effective bleach for suntan or freckles is the application to the skin at night of equal parts of lemon juice and glycerine well mixed together.

TEETH. — An excellent dentifrice is made by thoroughly mixing equal quantities of powdered borax and camphorated chalk together. It thoroughly cleans the teeth if applied with a damp brush. A most refreshing mouth wash is made by pouring a pint of boiling water on two teaspoonfuls of borax. Let it stand till cold and bottle for use when required.

WRINKLES. — A small quantity of eau-de-Cologne should be used daily; it is of no use if it is used only occasionally. Dip a small piece of cotton wool in water, squeeze nearly dry, then pour on a teaspoonful of eau-de-Cologne and apply to the face at once, especially on the brow, eyelids, temples and sides of the face, where wrinkles are more apt to appear. In a short time the smoothness and elasticity of the skin will become most apparent.

Hints on Investments

GENERALLY speaking, the higher the interest the greater the risk.

For small investors there is nothing better or safer than the Post Office.

The Post Office Savings Bank gives interest at the rate of 2½ per cent. on each completed pound.

National Savings Certificates, yielding about 5 per cent. free of income tax, can be purchased by 15/- instalments.

The Post Office Savings Bank undertakes the buying and selling of Government Stock. It also issues life insurance policies and grants annuities.

Booklets containing general information for small investors can be obtained at most post offices, free of charge.

House purchase is a reasonably safe form of investment. See article, "Hints on Buying a House," page

All the leading building societies accept deposits at a favourable rate of interest, and quite apart from house-purchase. Apply to one or two leading building societies for a prospectus and study their operations and methods of business.

Life insurance is to be strongly commended, especially in the case of married men. What are called the industrial (or weekly) rates are expensive. Save up in the P.O. till you have enough to pay the first premium under the ordinary tables. You will save money and get a wider range of benefits. Life insurance premiums are exempt from income tax, if not more than a sixth of your total income. An endowment policy falling due for payment at an agreed age is an attractive proposition. Compare the prospectus of three or four good companies. Money can be borrowed on a life policy after an agreed number of premiums have been paid.

The small investor should beware of touts who offer "tips" and "inside information" which they would be only too glad to keep to themselves if there was any truth in their statements.

Ask an established stockbroker or your bank manager for his advice before you venture on a speculation in the share market.

Investments in foreign securities are dangerous. Besides the fluctuations in the rates of exchange, political commotions, over which we have no control, may reduce your holding to waste-paper.

Do not invest in a company unless you know something about its directors and its history The reports and balance-sheets of all limited companies registered in Great Britain are lodged at Somerset House, and are open to inspection by any member of the public on payment of a fee of one shilling.

In case of doubt, a solicitor will make a search for you.

STRAIGHT TALK TO LEG SUFFERERS

By "VERAX."

If you are a Bad Leg Sufferer, then read my remarks below. Every word is true, and gives sound advice to you. I write of a famous TREATMENT for leg troubles, which is a thoroughly genuine treatment and carried out by genuine people.

Under this Treatment unsuitable or incurable cases are not accepted. WITHIN THE LAST FEW YEARS CASES REPRESENTING FEES EQUAL TO £20,000 (TWENTY THOUSAND POUNDS) HAVE BEEN REFUSED ACCEPTANCE RATHER THAN SUPPLY THE TREATMENT TO CASES WHICH WERE NOT CONSIDERED SUITABLE. Documentary proof of this fact can be seen by anyone interested. This statement being absolutely true furnishes the best evidence possible of the sterling character of the Treatment. My advice is—Do not let your own leg trouble become incurable. Read on, and write for the book mentioned below, which tells you all about the Tremol Treatment, and how your leg can be made well now—before it is too late. The Book is priced 3/6, but is sent free to sufferers.

CONSIDER THAT OPEN WOUND ON YOUR LEG. What of it? Don't tinker with it. Don't waste time and money and suffer needless pain. Do not let a wound which commences small as a pin-prick become as large as your hand. A small sore on your hand or arm may easily heal. Not so when it is on your leg. A leg wound, however small, is a sign of internal blood pressure. Under this pressure the veins have given way and the wound has formed. This pressure will continue—the weak veins will keep on breaking down and the wound become larger and larger unless you adopt the correct treatment. A word to the wise is sufficient. Write for the book and find out for yourself how to get your leg well.

A WORD ABOUT THOSE SWOLLEN LEGS OF YOURS, which you think look so unsightly. They are almost too painful and heavy to drag along. What do they indicate? A swollen leg indicates the development of a Varicose Leg; the coming of painful ulcers, the day and night torture of white leg, the swelling means over-charged blood vessels and lymphatics, which will soon be at bursting point. In short, a very BAD LEG. What will cure your swollen leg? What will take away those unsightly, swollen ankles? The answer to this question is of vital importance to you. The vessels of your leg are clogged, overcharged stretched at high tension. You should get those swollen legs cured before it is too late. But how? That is the question. You must get at the root of the cause. You must remove the cause. The Book tells you how you can cure your swollen leg at home in comfort and with ease. Write for it to-day and read it.

THOSE PSORIASIS AND ECZEMA PATCHES: What of them? The state of the blood and defective circulation is the cause of those skin patches. Those scaly eruptions on the knees and the shins, that irritable weeping raw Varicose Eczema below the knee and round the ankle. The itching, irritation, burning, and smarting, and the intolerable daily annoyance. Get rid of all this. Have done for ever with this irritation and annoyance. Get a new clean skin that functions naturally and healthily, same as you used to have. To do this is both plain and easy, the Book tells you how, and costs you nothing. See below and sign the coupon and get the Book.

THOSE VARICOSE VEINS—There comes a time when Varicose Veins become incurable. Then the greatest specialist in the world could not cure them. They cannot be cured by an operation, for if they are cut out the other veins, having more work to do, will become varicosed, too. Delay and neglect with increasing tensions in the vessels will so stretch the vein walls that the veins lose all elasticity. They will become like an overstretched and slack piece of ruined elastic. Sufferers from Varicose Veins should take the trouble in time. Treat the Veins while they retain their elasticity and contractile power. Get the Book and learn how. It is free to you if you suffer from Varicose Veins.

Your Bad Leg
and
The Reason Why

GET THIS FREE BOOK NOW

A limited number of copies of this interesting Book with all particulars of the Treatment will be sent free to Sufferers. If you suffer from BAD LEGS, SWOLLEN LEGS, ECZEMA, PSORIASIS LEGS OR VARICOSE VEINS write to-day before the books are exhausted.

Sign the coupon below and get the book.

Address your letter to Superintendent, National College, Ward J.W., 208, Great Clowes Street, Broughton, Manchester.

FREE COUPON. **Ward J.W.**

ADDRESS:—National College, 208, Great Clowes Street, Broughton, Manchester.

Please send valuable book and all particulars of Treatment Free of charge.

Name ....

(Mr.. Mrs. or Miss)

Address ....

....

....

State Complaint ....

National College of Health, Ltd.

LEGAL HINTS

A

ALLOTMENT - HOLDERS, so long as they cultivate the ground are entitled to a minimum of six months' notice from the owners of the land except in cases of bankruptcy, non-payment of rent, liquidation of the allotment-holders' association or urgent public necessity.

ANCIENT LIGHTS.—If the owner of a house which has been standing for twenty years finds that his light may be unreasonably obstructed by the erection of a new building thereby causing a depreciation of his property, he may take proceedings to have the new building demolished or he may claim damages.

ASSAULT AND BATTERY.—If a person within an arm's length threatens to strike another, he is guilty of assault.

No one must resist arrest, even if he or she be innocent.

B

BILLS OF SALE cannot be issued for less than £30. The signature of the borrower must be witnessed and registered in the District County Court. The goods included in a bill of sale are liable to be distrained for rent, rates and taxes only in the house where the goods are.

BIRTHS must be registered within 42 days of the event by the parents of the child, or, in default, by the occupier of the house in which the birth took place.

Certificate of Baptism will generally be accepted in lieu of birth certificate when the latter cannot be produced.

DEATHS must be notified by the nearest relatives of the deceased present at the death or in attendance during the last illness, within five days of the occurrence.

No charge is made for registration in the case of either births or deaths.

BUSINESS NAMES.—When any person or firm is trading and assumes some name which is not the proper name of the person or firm, they must register under the Business Names Act and pay a fee of 5s.

C

CHANGING YOUR NAME.—Anyone may change his or her name by "deed poll," but public notice of the intention to do so is necessary beforehand. Consult a solicitor.

CONTRACTS or agreements may be either verbal or in writing. Written contracts must have a sixpenny stamp affixed, which is signed over by the parties to the contract or be stamped within 14 days at Somerset House or the General Post Office in any provincial town. Contracts can be made by post providing that the letters plainly show the terms of the agreement.

G

GRANDFATHER is legally bound to support a child if its parents are dead, and the guardians can obtain an order from the magistrates compelling him to pay

H

HUSBAND AND WIFE. — A married woman may acquire and retain property for her own separate use, and may dispose of it as if single.

A husband is liable for all debts for necessities, contracted by his wife, if living with him, even though she may be able to maintain herself, unless he explicitly forbids her to pledge his credit or makes her an allowance for such necessities, which include food, dress, medical attendance, and such things suitable to the husband's station and mode of living.

A husband who has previously paid bills for goods ordered by his wife, and does not intend to do so in future,

★ RARE ART PHOTOS, ETC. ★

Direct from Paris!
MOULIN ROUGE

Chic Parisian Postcards, 3 for 1/6, 6 for 2/9, 12 for 5/-, 50 for 17/6 (all different) Alluring Lingerie Photos, 5 for 1/6, or 30 for 7/6. Rare Male Photos (adults, youths, or boys), assortments 2/6, 5/-, 10/-, 20/-. Paris Photos in natural colours, 6 for 3/-, 12 for 5/-. Special Stereoscopic Outfit with 10 stereoscopic girl photos, 6/6 complete.

RARITY CATALOGUE AND SAMPLES, 1/-.

### RARE BOOKS, NOVELS, etc.

Breezy French Novels (in English) 1/9 each or 3 different for 5/-. **ALSO**:—"Lady Chatterley's Lover," 5/-. "Love Adventures of Casanova." 1/6. "Droll Stories." 5/-. "Decameron Tales," 5/-. Book of Nature, 2/6, and many others. SEND TO-DAY for our Sale & Library Lists of Rare Books and Novels. (Applicants must state age or profession).

E. H. JAMES & CO., 6, NORTON ST., LIVERPOOL

---

given away absolutely free ★

4 Invaluable Medical Works given away *absolutely free* to all interested in the vital subject of Family Limitation :—

1. "BIRTH CONTROL," by Dr. O. Mann.
2. "HYGIENE FOR LADIES," by Dr. D. R. PAYNE.
3. "HUSBAND'S AND WIFE'S HANDBOOK, illustrated edition.
4. Comprehensive and Instructive Catalogue of latest and most up-to-date Birth Control Appliances (fully explanatory).

If you are unable to call for these free books they will be sent POST FREE for 6d. P.O. (To Adults only).

Get *your* free copies of these authoritative books *to-day* whilst this unique opportunity exists.

Birth Control

THE HYGIENIC STORES LTD. (Dept. A.3.), 95, Charing Cross Road, London, W.C.2

must notify the tradesmen that he will repudiate liability for further debts incurred by his wife. A notice to that effect in a newspaper is insufficient.

The wife's authority to order necessities (see above) cannot be presumed when husband and wife are living apart: but if separated through his misconduct and the husband has not made adequate provision for his wife, he will still be liable to creditors for necessities, suitable to *his* station, supplied to the wife.

Where a husband or wife dies intestate and without issue, parent, brother, sister, grandparent, uncle or aunt, the widow or widower takes all the property; if there are children, she or he will take the furniture, £1,000 net and a life interest in half the rest. The residue of the property is held on statutory trust for the children.

The father and mother take in equal shares absolutely the property of a child who dies unmarried or intestate.

A husband has no power over his wife's property without her consent.

A wife is liable for her debts contracted before marriage.

I

INCOME TAX.—Single persons in receipt of £100 a year and upwards derived from investments or legacies are liable for income tax. Married persons in receipt of £150 a year from investments, i.e., unearned income, are liable for tax. Single persons earning more than £125 per annum, i.e. wages or salaries, are liable. Married couples with no children are liable if their joint income exceeds £190 per annum. Allowances, however, are made for insurances, tools, travelling expenses, etc. The local Inspector of Taxes will provide all necessary information on printed forms.

I.O.U.'S do not require to be stamped or dated. They are accepted in evidence as acknowledgments of debt.

J

JURORS AND WITNESSES.—Persons acting as jurors in criminal cases are not paid for so doing.

County Court witnesses are allowed a fee for attending Court.

L

LANDLORD AND TENANT.—Distress warrants cannot be levied between sunset and sunrise, or on a Sunday, Good Friday or Christmas Day.

Landlords are not bound to keep the outside of houses in good decorative condition.

A bailiff must not break into a house, but he may enter by an open door or an open window.

If a lodger's goods are seized by his landlord for rent due he should apply to a magistrate at once.

A written notice to quit is not essential between landlord and tenant unless otherwise agreed.

A landlord must not unreasonably withhold his consent to the tenant assigning his lease.

You are entitled to shorten branches of a neighbour's tree if they overhang your wall or fence.

A tenant remains liable for rent, even if the house is burnt down.

It is a rule of law that all contracts and agreements relating to land, houses, flats, rooms and furnished houses and apartments should be made in writing. With regard to apartments and furnished rooms, this is seldom done, and, as long as the rent is paid and accepted, the conditions are considered binding on both parties. Landlords cannot make distraints for rent in houses which are subject to the Rent Restriction Acts without applying and obtaining the leave of a Judge or County Court Registrar, and eight days' notice must be given to the tenant of his intention to apply for leave.

LEGAL TENDER.—Copper coin is not a legal tender beyond one shilling, or silver beyond 40s., but gold may be tendered up to any amount.

LOTTERIES.—Anyone holding a lottery is liable to a fine of £500.

M

MARRIAGES.—Must be celebrated between 8 a.m. and 3 p.m.

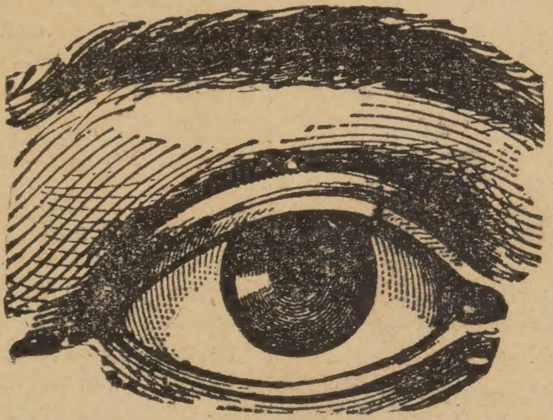
If a foreigner marries an English girl in this country, at any place of worship licensed to solemnise marriages, or at any registrar's office, the marriage is valid in this country, although the foreigner may not have become a

BODILY DISORDERS

are often due to

UNSUSPECTED EYE DEFECTS

Take Advantage of



ASHTON'S EYESIGHT SERVICE

AND BE SURE OF YOUR SIGHT.

National Health Insurance Opticians

on the H.S.A. Official List of Opticians and the H.S.F. Official List.

Let us give you a thorough eye examination with the latest apparatus.

PROMPT REPAIRS. MODERATE CHARGES

BRADFORD CHEQUES ACCEPTED

J. ASHTON

ACT NOW

Do not hesitate. Pay us a visit to-day and we will give you our exact opinion regarding your sight.

QUALIFIED OPTICIAN
(EYESIGHT EXCLUSIVELY).
30 YEARS' CONSTANT PRACTICE
122, WILTON ROAD, VICTORIA, S.W.1
(One minute from Victoria Station).
Hours 9 to 7.30. 'Phone: Victoria 7136.

OCULISTS'

AND HOSPITAL PRESCRIPTIONS Dispensed. New Frames or Lenses supplied.

W. E. DAWKINS, F.S.M.C., Insurance Optician, ALWAYS IN ATTENDANCE

naturalised British subject. It may not, however, be valid in the foreigner's country.

Cousins in any degree may marry.

Persons may be married at any time within three months after the publication of the banns.

A promise of marriage need not be in writing to sustain an action for a breach of it.

MASTER (OR MISTRESS) & SERVANT.—Employers are not obliged to give characters to servants or to assign a reason for their refusal.

Before searching a servant's boxes a search warrant must be obtained.

If a servant wilfully disobeys, or is guilty of gross misconduct, he may be dismissed at once.

A servant's wages cannot be stopped on account of illness.

A servant may be dismissed at any time, at a month's notice, or immediately with a month's wages, instead of notice, whether the wages are paid weekly, monthly or quarterly.

A servant may refuse to do work other than that for which he or she was engaged.

An employer must not deduct from wages an amount in respect of wilful damage done to his or her property by a servant, but should apply for a summons.

O

OLD AGE PENSIONS.—All British subjects whose income does not exceed £26 5s. 0d. can claim an old age pension of 10s. a week at 70. A State-insured person under the Health and unemployment Insurance Acts and their widows can claim old age pensions at 65. The widows of all insured persons under the National Health and Unemployment Insurance Acts are entitled to pensions, which cease at remarriage and at the age of 65, when they receive old age pensions.

Blind persons who are British subjects are entitled to old age pensions at 50. The L.C.C. and many other local authorities give additional grants and pensions to destitute or poor blind persons.

P

PAWNBROKING.—Goods pledged to a pawnbroker for 10s. or under are considered forfeited after the lapse of a year and seven days.

PUBLIC-HOUSES (GAMBLING).—It is illegal to play cards in a public-house for money or money's worth.

Publicans cannot recover for beer, etc., consumed on their premises.

Money won at billiards cannot be recovered.

R

RENT.—Houses under an annual rental value of £105 in London and £78 elsewhere in England and £90 in Scotland are under the Rent Restriction Acts, which prohibits the landlords from raising the tenants' rents beyond a certain percentage. Legal advice in disputes should always be obtained, as the Acts are being constantly altered by Judges' rulings.

REPAIRS.—In the absence of any agreement the landlord is not usually liable to do any repairs. Unfurnished houses are presumed to be reasonably fit for habitation at the commencement of the tenancy. The tenant is always responsible for broken windows and he is supposed to keep drains and gulleys flushed and clean.

W

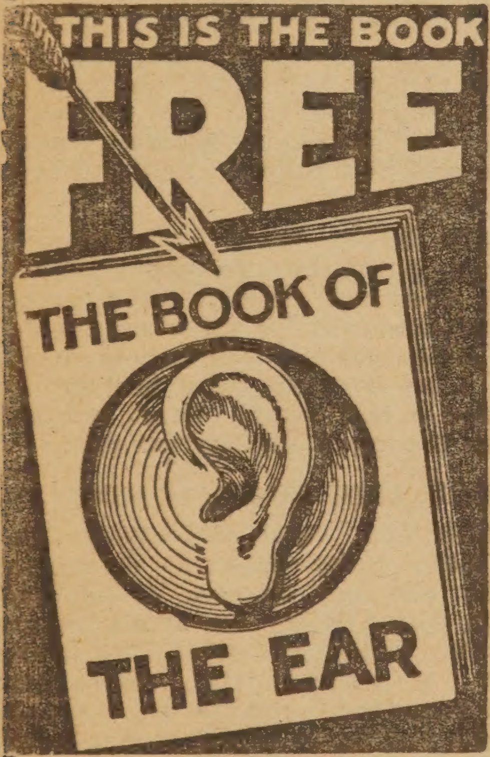
WILLS.—The testator's signature must be witnessed by two persons, who need not necessarily know the contents of the will. No person under 21 years of age, except on active service, can make a will.

◆

FRUIT (TO BOTTLE).—Use only sound, ripe fruit. Place the fruit in wide-mouthed jars with screw toppers. Prepare a syrup of sugar and water flavoured with a squeeze of lemon. There should be from eight to twelve ounces of sugar to the quart of water according to the nature of the fruit. Bring the syrup to the boil and pour it over the fruit. Put a thin layer of hot, clarified mutton fat on the surface of the liquid, and if you have no screw topped jars cover with parchment or very strong paper and fasten tightly.

DEAF?

Although you may not be able to hear——YOU CAN READ
Therefore read this and then —YOU WILL HEAR



NO EARPHONES
BATTERIES
WIRES

NOTHING TO WEAR

Your first step towards the recovery of your hearing is to get now—**without delay**—your FREE copy of the "Book of the Ear." This clearly-written treatise, written by an acknowledged authority, is absolutely indispensable to all sufferers from deafness. Although it involves you in no outlay whatever (beyond a 2d stamp to cover bare cost of postage), it is worth pounds in the priceless knowledge it imparts and the sure hope it will give to you of immediate relief and ultimate recovery from your distressing ailment. Read the "Book of the Ear" through from the first page to the last—**every single word of it**—and when you have done so you will understand why you are deaf and how a complete cure can be yours, **no matter how long you may have been afflicted with deafness.** This book, the real value of which cannot be assessed in terms of mere money, gets right down to the very root of the trouble—it shows conclusively that to attack deafness other than at the source of the complaint is utterly futile. The employment of earphones, trumpets and other cumbersome and unsightly "Gadgets," with the accompaniment of wires, batteries and other impedimenta, is entirely unnecessary and only waste of money. At best these devices can only alleviate—**they can never cure!**

The Neu-Vita system as expounded in the "Book of the Ear" is the logical way, Nature's way—of overcoming the disability of deafness. Read this book and satisfy yourself that deafness can only be righted by the adoption of methods that attack the trouble at its very source. That way and that way only does real hope lie for the victim of the intolerable curse of deafness.

Get your copy of this great FREE book to-day!

NEU-VITA (Dept. K.S.D.)
395-452, CENTRAL BUILDINGS, LONDON, BRIDGE, LONDON, S.E.1 (Eng.)

Hints on Making Soups and Broths

A GOOD BARLEY BROTH which is easy to make and very nourishing: Threepennyworth of bones (veal are the best). Simmer a teacupful of barley in water with the bones, a peeled turnip, carrot and onion. After two hours remove the vegetables and boil for another half an hour. Rub through a sieve, add a gill of milk, and parsley, and boil up.

BEEF TEA is made by removing all fat and skin from a pound of shin of beef, which should be placed in a jar with a pint of cold water and a quarter of a teaspoonful of salt. Place in moderate oven and allow to simmer for three hours. Strain and skim off fat and serve hot. There is little or no actual nourishment in beef tea, but it is a valuable stimulant in illness and convalescence.

CELERY SOUP.—Take one or two celery heads, wash and break into small fragments. Boil three large onions in a large saucepan with the celery until they become pulped. Add half a pint of milk and a small lump of margarine and boil up again and serve.

CHICKEN BROTH.—Cut up a boiling fowl after it has been drawn, place in a saucepan, cover with cold water, add salt, a large onion chopped small, and simmer for three hours. Add a cupful of rice and some chopped parsley and boil for twenty minutes.

COW-HEEL SOUP.—Wash and clean the cow-heel, cut into sections, place in saucepan, cover with cold water and bring slowly to the boil. Add any scraps of meat or bones, onions, carrots and turnips cut up small and simmer till the meat ceases to adhere to the cow-heel. Strain the liquid, add seasoning and serve hot.

GIBLET SOUP.—Clean the giblets and proceed similarly to cow-heel soup.

GREEN PEA SOUP.—One pound of green peas and half a pint of milk, one medium-sized onion, lettuce, a little flour, margarine, salt and pepper to taste. Shell the peas, peel the onion, wash and shred the lettuce, cover with milk and stock, bring to the boil, add onion, lettuce, peas and a lump of sugar. Simmer for thirty minutes, rub through a sieve into a basin. Melt margarine with the flour, thin with the liquid by degrees. Bring to the boil and season to taste. Add some minced mint. This soup can be made with split or dried peas if soaked over night.

MULLIGATAWNY SOUP.—Fry a rasher of bacon and fry two onions, two apples and a carrot and turnip cut into small pieces. Take a tablespoonful of curry powder and mix with two ounces of flour into a stiff paste. Place all in a saucepan, pour over a quart of stock and add some powdered sweet herbs, salt and pepper. Boil and serve with boiled rice.

OXTAIL SOUP.—Sever each joint in the tail, place them in two quarts of water and boil rapidly. Add pepper and salt and boil for three hours. Put some sliced turnips and carrots in the soup after it has been boiling for two and a half hours. Serve hot and reserve the meat for another dish.

VEGETABLE COOKING HINTS.

ARTICHOKES (BOILED).—Wash and peel them under water, as if exposed to the air they become discoloured. Boil in salted water for about twenty minutes. Drain and serve with white sauce. If desired fried, slice them when parboiled. Season with pepper and salt and fry in butter or margarine.

ASPARAGUS.—Wash and scrape the stalks and tie them in bundles of 15 or more, as desired. Boil in salted water till tender and serve with white sauce.

BEETROOTS require boiling until tender, care being taken not to break the skins. They can be served hot with melted butter, but are usually eaten cold as a salad sliced and steeped in vinegar.

ALL GREEN VEGETABLES should be put into fast boiling water with a tablespoonful of salt to the gallon and a small piece of soda, and, with the exception of spinach, should be boiled with the lid off.

Keep Your System in Fighting Trim!

YOUR LIVER, KIDNEYS AND OTHER ORGANS are engaged in a constant battle against infection and body poisons. When they are sluggish these poisons "back up" and collect in the blood. **HEADACHES, BACKACHES, CONSTIPATION, DIZZINESS, BILIOUSNESS, FOUL BREATH and COATED TONGUE** are the danger signs.

DON'T NEGLECT THEM

IN THE FAMOUS BLUE WRAPPER

DR. MORSE'S INDIAN ROOT

Per 1/3 Bottle

Drive out the poisons. Help the fighting organs—the Kidneys, Liver, Bowels, and pores of the skin. Keep them healthy and active with

DR. MORSE'S INDIAN ROOT PILLS

Guaranteed 100 per cent. Pure Vegetable.

(Favoured for Fifty Years).

Do Not Weaken. Do Not Sicken. Do Not Gripe

Sold by all Chemists and Stores generally at 1/3 per bottle.
or write TO-DAY enclosing 1/3 for a bottle from

THE W. H. COMSTOCK CO., LTD.
21, Farringdon Avenue, London, England
Sole Proprietors

TAKE THIS
REMEDY FOR
CYSTITIS
PROSTATITIS
CHILL or COLD
ON KIDNEYS
BACKACHE
LEG PAINS
SCIATICA
RHEUMATISM
ETC.

IS BLADDER
making Your

THIS AMAZING R
WONDERS' IN

THOUSANDS of sufferers from Bladder and Kidn
Shadforth remedy. Mr. Shadforth (world's leadin
from grateful and overjoyed users. What they hav

This prescription converts the urine into a cooling, cleansing, soothing and healing antiseptic. A
the antiseptic urine passes from the body outwards, it washes and soothes all the inflamed part
"Bladder Comforters" are prescribed for Liver, Kidney and Bladder Troubles such as Cystiti
Prostatitis, Constipation, Gall Stones, with associated Gout, Rheumatism, Sciatica, Backach
Gravel, Scalding, and constant getting up at nights. Immediately all day and all nigh

HOW TO AVOID A STROKE

Specialist says, "Keep your arteries young, lower your blood pressure and take a load off your heart!"

Steady heart action, co-ordinated with youth-like elastic arteries is now possible for those past their prime. The "Shadforth" Simple Home Treatment for Arterio Sclerosis rapidly reduces high blood pressure and tension. It gives prompt relief from palpitation, giddiness, premonitions of collapse, and sleeplessness; it leads to permanent restoration and makes you feel years younger. **Get it now. Prescription No. 1,108/T.** Prices: **2/6 5/6 15/6.**

BRIDGING WOMAN'S DANGER YEARS

Smooth Out the Problems of Middle Life

Just the thing to get you through those difficult years and re-establish your health. A gentle tonic for stomach, heart, nerves, and blood—exactly what your doctor gives you. Does not purge or constipate. Improves appetite and complexion. Removes depression and langour. Gives courage, hope, and a new lease of life. Also the best tonic for anæmic girls and nursing or expectant mothers. Ask for **Shadforth Prescription No. 2,457**—the critical time tonic. In boxes at **2/6** (72), **4/6** (144), and **13/-** (432 pills).

PILES! Quick Relief & Comfort

This Tonic Laxative Fourfold Treatment quickly relieves and soothes Piles, Sluggish Liver and Atonic Dyspepsia. It ensures regular bowel movements, improves nerves and increases energy. Why endure the misery of Piles any longer? **Ask for Shadforth Pile Treatment No. 394/D.D. Price: 7/9.**

EAT WHA

ACIDITY,
DI

Thousands of Suffere
Fermentative Dyspe
Fullness after meals
been cured by the
No. 1077. Popula
after the formula
pitals and Clinics
pains and ailme
Prices: **1/4** (72
prompt relief a

POSITIVELY THE WORLD'S G

HEART

PRESCRIPTION TH

THE FINEST POSSI

Here is a tonic which makes a
gloomy thoughts gone, life is
'Flu, or illness, or in changeab
for heart, nerves, stomach and
tremblings, run-down condition,
imagine yourself into an illness
normal in a few days. **Ask for**
No. 632 Prices: **1/9** (50), **2/6** (7

Obtainable from Boots, Ta
chemist, or privately packe

SHADFORTH

(Dept. L.H. 125), 49, KING W
a

KIDNEY TROUBLE
fe A MISERY?

DY HAS 'WORKED
OPELESS' CASES

ubles have been **completely restored** by this famous
ensing chemist) is continually receiving letters of thanks
for others they can also do for you.

ainlessly, and **without the loss of one drop of blood or one hour of employment,** they get to
vork. They cleanse, soothe and heal. They expel what is harmful. They succeed when other
emedies have failed. **Stop Worrying!** Start taking this **proved** remedy now, and be quickly
estored **Ask for "Shadforth" Kidney and Bladder Comforters (Prescription No. 285).** Prices
/6 (50), 4/6 (100), 13/- (300).

OU LIKE!

IS AND INDIGESTION
LIKE MAGIC

cidity, Heartburn, Sour Stomach,
ric Catarrh, Wind or Flatuence,
terms of acid indigestion have
RTH ACIDITY PRESCRIPTION
n as "White Lions." Prepared
essfully used in the leading Hos-
lists in the treatment of stomach
s prescription is non-purgative.
44), **7/-** (422 Lions). They give
t.

REMEDY FOR INDIGESTION.

OUBLE

AYS GIVES RELIEF.

IIC AFTER ILLNESS.

of you; worn nerves full of vim;
ing. It picks you up after the
r. It is the World's Best Tonic
it prevents palpitation, faintness,
t falling-to-pieces feeling. Don't
ood rest, take this tonic and be
Fox Nuts, Shadforth Prescription
).

othy Whites and your local
t free at these prices from:

iption Service Ltd.
ispensing Chemists
T., LONDON BRIDGE, E.C.4,
s.

SLEEPLESSNESS

Drugs at bedtime induce sleep, but they make your nerves worse. Sleepless souls will find such simple herbs as gentian, hops, valerian, scullcap, and asafetida safer and of permanent value. They soothe the nerves. Your sleep will be as refreshing as if you lived in a hopfield. Dispensed as **Shadforth Prescription (No. 32),** in boxes at **2/6** (50), **4/6** (100 pills). One of the most simple and hygenic methods of promoting sleep and suitable for all cases is the HOP PILLOW. Send for **No. S/129.** Price **10/6.** Lasts indefinitely.

Constipation, Biliousness, Sick Headache, Liver Trouble

Periodical bilious attacks, constipation, sick headache, jaundice, gall stones and bowel indigestion indicate a sluggish liver, and for this nothing equals this pill. Take it with each meal and you will soon be better. This is a useful formula to keep in the house for family use. Get it now and prove its worth. It is known as **"20th Century Pills" (Shadforth Prescription No. 2,000).** Prices: **1/3** (100), **3/-** (300 pills).

THIS COUPON ENTITLES YOU TO 2/6 BOOK

FREE

with every order and for a limited period only.

MR. SHADFORTH'S BOOK ON DISEASES OF THE BLOOD, KIDNEY AND BLADDER.

Published at 2/6.

Containing 108 pages packed with valuable medical information and suitable prescriptions written in plain English. A Book every one ought to possess.

These medicines may be obtained direct from us, or from any chemist. If purchasing from chemist send leaflet enclosed in the package, your chemist's name, together with this coupon, and the book will be forwarded post free by return. Book No. A189, **Longman's Everyday Hints for the Home, 1937.**

Gardening Hints

JANUARY.

DIG, trench and manure when the weather is fine and dry, but abstain from all interference with the ground when it is wet and heavy. Cover the roots of delicate plants and bushes with well-rotted stable manure or straw to protect them from frost. Roses. gooseberries. currants. fruit trees and shrubs may be planted in mild weather. Sow biennials and strike chrysanthemum cuttings under glass. See that gravel walks are renovated and rolled. Lime sprinkled on them now will kill weeds and moss. Cut down and re-pot fuchsias and geraniums that have been kept indoors in pots. Prune fruit trees, bushes and shrubs. If you have a greenhouse see that the stove is kept alight on frosty nights. otherwise delicate plants will be destroyed. The temperature during this month should be kept between 40 and 50 degrees, which enables plants to rest and conserve their strength without exposing them to the risk of frost. Sow cucumbers and melons in hot beds and cover rhubarb and seakale with straw, litter or dry bracken to blanch the stalks.

FEBRUARY.

Rake over lawns in dry weather to remove worm heaps, etc. Cabbages and leeks may be sown. as well as broad beans in rows, radishes. lettuce and salads generally. Raspberries should be planted and such semi-hardy annuals and biennials that are required for summer bedding as asters. antirrhinums, alyssum. petunias, lobelias for borders and primulas in boxes in heated greenhouses and frames. Sweet williams. wallflowers. auriculas, etc., may be exposed as the month grows warmer. but do not water for fear of frosts. Cauliflowers may be planted in hotbeds along with other delicate vegetables. Crocus as they come into bloom should be protected from the depredations of sparrows by fastening black threads on pegs just clear of the flowers.

MARCH.

The busiest month for the home gardener has commenced. In dry weather sow seeds of all vegetables, excepting scarlet runners, marrow, beans and a few others that are injured by frost. Sow hardy annuals in beds and clumps in borders. Stake hyacinths as they come into flower. Trim hedges and start grafting trees. Daisies and similar flowers may be planted out in borders. Destroy any wasps that may be seen. as they are queens that have survived the winter, and every one that is now destroyed means a nest less of these insect pests in the summer. Daffodils and early tulips should be making the garden gay all through this month.

APRIL.

This is the month to repair grass lawns by sowing grass seed on the bare patches, also mow and roll. Look out for caterpillars and other insect pests. Hoe repeatedly to keep down weeds. Stimulate spring cabbage with one ounce of nitrate of soda to the square yard hoed in between the rows. A dressing of one ounce sulphate of ammonia mixed with two ounces of sulphate of potash hoed in to the yard run will greatly benefit early peas. Sow vegetables for succession. also seeds of hardy annuals for late flowering. As the flowers of bulbous plants wither cut them off close to the base, but if the bulbs are to remain until the next year undisturbed do not remove their leaves until they are completely faded. Early gladioli and Japanese lilies may now be planted in soil enriched with well-rotted manure.

MAY.

Get ready the flower garden for summer bedding plants by removing spring flowering bulbs. which may be left with their leaves intact to dry for planting next year. Well dig and manure the soil before planting out geraniums. fuchsias and other summer plants in the middle of the month. Sow scarlet runners in well-manured

THE ELECTRIC CURE IS POPULAR

As Pleasant as it is Effective

It is grand to put on an electric battery while lying down resting, and feel its exhilarating influence in every nerve and muscle. There is no inconvenience attached to it in any way. One hour's daily application is sufficient. There is not the slightest shock or irritation, but a gentle, soothing effect that goes direct to the nerve centres. That kind of electricity restores radiant health, and the results it gives are permanent.

People will sometimes try an ordinary battery (made, no doubt, for commercial purposes), or a shocking current which irritates the nerves, and conclude that electricity is not suitable. It will not do any good in that form. The current must be given without shock—without irritation of any kind—and in this way the very weakest individuals can be built up.

No one is too weak to use electricity. In such cases a longer building-up process is required. But the results are just as certain as water is to extinguish a fire when applied in sufficient quantities. If a proper battery is used it is possible to apply a very strong current, free from all inconveniences. How much more pleasant it is to regain radiant health in this way, while resting in your own home, without any other trouble; there is no need to pay frequent visits to a special establishment, removing one's clothes for treatment and having to dress again. New life is simply poured into the weakened system completely revitalising all the bodily functions.

Rheumatic sufferers, those crippled with Lumbago, Sciatica, or Gout; the victim of weakened stomach, kidneys, liver, bowels or bladder; the person with the shattered nervous system, and suffering from Paralysis, Epilepsy, Neurasthenia, Insomnia, or Neuralgia, should seek a restoration of health in the electric cure. Don't say, "It might not do me any good!" It will do you good if you resort to the right means. It will give you back health and strength.

There is a book for free distribution among all readers which covers the subject fully. Special booklets for Ladies and Gentlemen. Please specify which is required when writing. You should not be without it if you are not in possession of perfect health. It tells the cause of weakness and disease, and how a permanent result can be gained. It describes the most successful remedy known—the "B.E.I." Dry Cell Body Battery, fitted with the celebrated "Ajax" dry cells. The history of many cases is sent with the book. It costs nothing to get it.

Write at once to the British Electric Institute (Dept. 71), 25, Holborn Viaduct, London, E.C.1, and you will receive by return post the most valuable book ever published on the subject. It is sent, post free, in a plain, sealed envelope, together with full information concerning the treatment, without charge, or any obligation whatsoever.

FITS CAN BE CURED

London Doctor's Amazing Discovery

Permanent Recovery Now Possible

There is no infirmity so distressing, either to the sufferer or to those around him, as epilepsy, and those kindred nervous complaints, which, recurring more violently and unexpectedly at shortening intervals, render the life of the sufferer one round of misery.

IT HAS LONG BEEN SUPPOSED THAT FITS WERE NOT CURABLE, AND MANY AN UNFORTUNATE SUFFERER HAS SPENT LARGE SUMS IN SEARCH OF THE ALLEVIATION THAT ORDINARY REMEDIES, HOWEVER EXPENSIVELY PRICED, CAN NEVER BRING.

It was left for Dr. S. B. Niblett to at last discover the remedy that would not only bring alleviation, but by building up the patient's vital forces, finally render him immune from the dread scourge. Dr. Niblett gave thirty-five years' close study to epilepsy and fits—devoted a lifetime to the alleviation of these terrible complaints. His remedy—which he called "Vital-Renewer"—has brought back during the last few years health and strength to thousands, and is now generally believed to be the most valuable contribution that modern science has made to the treatment of this particular disease. A treatment medically endorsed and vouched for by thousands of grateful patients.

Great FREE Offer

In order to prove the wonderful efficacy In order to prove the wonderful efficacy of of making it more widely known, we to-day make the remarkable offer of a free (full size) bottle of the remedy, together with a 76-page copy of Dr. Niblett's "A Practical Treatise of Epilepsy" (post free to any part of the world), for a limited time only, to anyone who has not previously taken advantage of this treatment.

Write to

M. J. NIBLETT

38, Basinghall Street, London, E.C.2

soil as well as French and kidney beans. Syringe roses, broad beans, iris, and the flower stalks of ox daisies and similar plants to destroy green and black fly. Plant out dahlias. Thin out growing annuals and sow brocoli and cauliflowers.

JUNE.

Mushroom beds should be re-spawned. Give cauliflowers and cabbages frequent applications of liquid manure. Weed and thin out vegetables. Commence to dig early potatoes and earth up the late varieties. Examine dahlias for earwigs and set traps for these pests by inverting flower-pots over the stakes. Plant stocks for next year's spring display. Syringe roses for green fly and keep a watchful eye for caterpillars.

JULY.

Fruit trees should be netted to preserve them from the depredations of birds. Whitewash greenhouse glass to prevent the plants from being scorched by excessive sunshine and ventilate freely, but never expose plants to draughts even in the hottest weather. Tie up lettuces and earth up celery. Bud roses on to briars. Stop the shoots of chrysanthemums. Sow salads to provide successive crops. In dry weather hand fork and hoe copiously and apply mulchings frequently.

AUGUST.

The flower beds should be at their gayest this month. Remove all decaying flower stalks and leaves. Water and weed daily unless the weather should be wet, and apply manure or fertiliser to chrysanthemums, dahlias, roses and other late-flowering plants. Cut out old wood from rambler roses. When early potatoes are removed they should be replaced with winter cabbages, savoys, turnips and other vegetables. Wage vigilant war against caterpillars, slugs and all garden pests. Keep celery well earthed up. Onions that have matured should have the leaves turned back to hasten the ripening of the bulbs.

SEPTEMBER.

Keep the paths and beds clear of falling leaves and stack them in some out-of-the-way corner to form manure when rotted. Tie up dahlias and chrysanthemums. Remove sub-tropical and delicate plants to the greenhouse before they are likely to be injured by night frosts. Plant crocuses for early flowering, also evergreens. Sprinkle a mixture of Paris green and sweetened bran around the haunts of slugs. Lift onions. Sow lettuce. Plant cuttings of violas, pansies and other flowers in boxes and shade from strong sunshine until they begin to grow. Gather apples and lay them carefully in storage in a cool, dry place. Pot Roman hyacinths, early tulips and narcissi if required for Christmas decorations. See that the flower buds on chrysanthemums are not too thick.

OCTOBER.

Remove summer bedding-out plants, such as geraniums, calceolarias, fuchsias and others and prepare the ground for spring-flowering bulbs, hyacinths, tulips, daffodils and the numerous varieties of narcissi. The ground should be dug deeply and enriched if possible with well-rotted cow manure. Late or Darwen tulips make a magnificent display if planted with myosotis, wallflowers or daisies between each bulb. Lawns should be mowed and rolled and grass seeds and fertilisers raked into the soil. Dead leaves should be thrown on the heap with a layer of earth laid over them to assist their decomposition. When the top stems of dahlias begin to blacken cut them down and store the tubers away when dry. Unripened tomatoes should be picked and made into chutney. Pinch out runners from strawberry beds. Onions sown this month resist onion fly better than spring-sown onions.

NOVEMBER.

Sow sweet and garden peas for early crops. Lift and divide over large clumps of lupins, Michaelmas daisies, delphiniums and other hardy plants. Deep ditch or trench all vacant ground. Bulbs may still be planted up to December. New raspberry beds may be planted with suckers taken from the parent canes. Iris, both Spanish and English, may be planted, as well as lily-of-the-valley clumps. Deciduous trees and shrubs if the weather is mild may also be planted, as well as roses. Bulbs in pots should, towards the end of the month, be removed to greenhouses or sunny windows if they are desired to flower by Christmas.

OF INTEREST TO LUNG SUFFERERS

NOTICE.

14, BRECK ROAD,
ANFIELD, LIVERPOOL, 4.

Some years ago I contracted T.B. of the lungs and was told I should not live many months, but am happy to state that I am now free from the disease. In order to acquaint others with the treatment to which I attribute my marvellous recovery, I shall be pleased to send particulars to anyone on request.

ELIZABETH B. FALCONER (Mrs.).

Please mention paper when writing.

Dr. MORSE'S INDIAN ROOT PILLS

"NATURE'S WAY TO HEALTH"

SURGICAL RUBBER GOODS

Our 1937 Illustrated Catalogue of all Surgical Appliances, Hygienic Whirling Sprays, Syringes, Enemas (from 2/6), Suspensory Bandages, Abdominal Belts, Rupture Appliances and Surgical Rubber Goods of every description sent POST FREE to any part of the world. Sent to Adults Only.

SURGICAL APPLIANCES

We supply the best value for any remittance by return of post.
All Customers send back repeat orders.

ALL PRO-RACE APPLIANCES STOCKED

Illustrated Descriptive Catalogue sent post free.

(TO ADULTS ONLY).

Call or write:—

THE HYGIENIC STORES, LTD. (Dept. A.3.),

95, CHARING CROSS ROAD, LONDON, W.C.2.
CITY DEPOT: 78, FENCHURCH STREET, LONDON, E.C.3,
and at
24, EDGWARE ROAD, MARBLE ARCH, LONDON, W.2.

DECEMBER.

Plants not completely hardy should be protected from frost by straw or litter being placed around their roots. Plant rhubarb and horseradish. Make a hotbed of decaying manure and vegetable matter to a depth of three feet for early salad plants grown under a frame. If there is a severe frost cover the beds of Darwen tulips with matting, fibre or straw. Lime vacant ground slightly to destroy insect pests. Gooseberry and currant bushes may be planted in open weather. Turn over the heap of decaying leaves occasionally, so as the frost can penetrate, assist decomposition and destroy insect pests.

* * *

HINTS ON MAKING SOME UNCOMMON PRESERVES.

APPLE-GINGER MARMALADE. — Ingredients: Seven pounds of apples, two pounds preserved ginger, sugar. Cut up the apples and put in a jelly-pan. Cover with water, bring slowly to the boil and boil to a pulp. Strain through a jelly-bag overnight. Measure the juice, allowing cup for cup of sugar. Put the preserved ginger through the mincer, add to the juice and sugar and boil.

CARROT JAM.—This is made with three pounds each of carrots and loaf sugar, six large lemons and two ounces of almonds. The carrots should be baked till tender in an earthenware jar containing sufficient water to cover them, then mashed and passed through a sieve. The sugar must be pounded and the almonds chopped fine, and all should then be boiled together for 20 minutes. Carrot jam has a delicious flavour.

GINGER MARMALADE. — Ingredients: Forty small, sweet oranges, sugar, one and a half pounds of crystallised ginger. Wash and quarter the oranges and remove the skin. Soak the pips overnight in a small basin of water to extract the jelly; barely cover the oranges with water, and boil to a pulp. Strain and return the liquid to the preserving-pan, also the liquid from the pips. Allow to each pint of juice one pound of sugar, and add the ginger, cut into small pieces. Boil till the jelly stage is reached—usually about half an hour. Pot and cover as usual.

LEMON-AND-GINGER MARMALADE. — Ingredients: Eight lemons, half a pound preserved ginger, sugar, water. Wash and pare the lemons finely and cut the peel into chips. Put this into a muslin bag, cover with water, boil until tender, and throw away the water. Reject all pith of the lemons. Cut up the pulp and cover with five pints of water. Stand for two hours with the bag of chips in the centre. Remove the bag and boil the pulp till tender. To every pint, then allow one pound of sugar and boil together with the chips taken out of the muslin bag and the half a pound of preserved ginger cut up into thin strips. When the marmalade sets, if tested on a cold plate, cool a little, pour into warm pots and tie down.

RHUBARB-GINGER MARMALADE. — Ingredients: Three and a half pounds rhubarb, one pound China ginger (cut in quarter-inch dice), three lemons, two large breakfastcupsful of cold water, sugar. Wipe rhubarb, cut it up and boil to a pulp in a jelly-pan, with half the quantity of water. Strain through jelly-bag overnight. Peel lemons thinly, rejecting the white pith, and put pulp and peel into a pan with the other cupful of water. Boil for 20 minutes and strain through muslin. Put all juices into jelly-pan with one pound of sugar to each breakfastcupful. Add preserved ginger when sugar has melted and boil for 20 minutes. Skim and pour into sterilised pots. Cover when cold.

TOMATO JAM.—Select sound tomatoes, just on the point of turning. Pour boiling water over them, then peel them. Allow one pound of sugar, cover with same and leave overnight. Lift the tomatoes out, boil the syrup up, skim, then put the tomatoes in again with the juice of one lemon, and boil for 20 minutes. Remove the pulp once more, boil the syrup till it thickens. When the fruit is cool put it into jars, add the syrup, cover, and keep in a dry, cool place.

DRINK VICTIMS SAVED

QUICKLY & SECRETLY BY

VENN'S

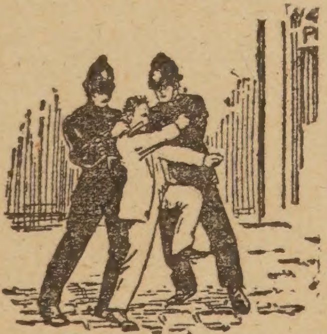
PRIZE BAR
SAVE YOUR FRIEND

The life and soul-saving work started more than 25 years ago by Mr. Venn still goes on.

DRINK HABIT SECRETLY and QUICKLY CONQUERED

IF you desire to rescue your friend from the Drink Craving you can easily do so by using a simple Home Treatment which can be given secretly in Tea, Coffee, Whisky, Beer or other liquid. It is impossible of detection, being tasteless and **QUITE HARMLESS. SUCCEEDS WHERE OTHERS FAIL**, as testified to by thousands of grateful users, also Doctors and Nurses. **OFTEN SUCCEEDS IN A FEW HOURS.** The Heavy Drinker soon begins to hate the taste of Alcohol, loathes the very smell, and nothing can induce him or her to drink it. **FULL PARTICULARS** of this guaranteed safe, certain, cheap and speedy treatment, showing how easily loved ones are being reclaimed without their knowledge, post free, privately. **THOUSANDS OF TESTIMONIALS HAVE BEEN RECEIVED.** Grateful users testify how easily success has been attained—loved ones reclaimed, often against their will, and homes saved. Victims saved secretly. Happiness attained.

1.—He was always regarded by his friends as a jolly good fellow until—



2.—excessive drinking caused him to fall into the clutches of the law.

3.—Despondency and despair stared him in the face after dismissal from his firm for his drunken habits—

4.—but his loving wife gave him comfort. She knew she could quickly reclaim him by using Venn's Treatment.

FURTHER UNSOLICITED TESTIMONIALS PROVING HOW DRINK ADDICTS HAVE BEEN SAVED BY LOVING FRIENDS UNBEKNOWN TO THEMSELVES.

Mrs. E., Colne, writes: "The Treatment has been quite successful and I am introducing it to others."

Mr. S., Leeds, writes: "Our patient was a heavy whisky drinker, but has now taken a strong dislike to alcohol. The change occurred after the first day's treatment."

Mrs. B., Stockport, writes: "He has completely turned against drink. I am recommending you to my friends."

Miss E. M., Claremont, writes: "Thanks for your Treatment, which has proved a complete success. Father is now a teetotaller, and we are as happy as sandboys."

FREE 16-page Book showing the way to salvation from the Drink Habit. Write at once—post card will do. It will come to you under sealed cover quite privately and Post Free, together with Full Particulars of my cheap, speedy, safe and sure Treatment. Transforms despair to joy, poverty to comfort.

L. E. VENN (Dept. E.H.), 24, HOLBORN, LONDON, E.C.1

Hints on Odd Jobs about the House

THE cost of odd jobs about the house is not so much for materials as for the time and labour of the men you call in to do them. It is more economical, therefore, to attend to such matters yourself, and in most cases you will be surprised to find how easy it is and what a lot of fun you can get out of it.

BOOT AND SHOE REPAIRS.—A case for a skilled workman if you want to look stylish about the feet, but it is quite possible to touch up a pair of boots or shoes for rough wear, or do a little mending job for the "nippers." The leather can be bought ready shaped, and cut to fit with a sharp knife. Pins or pegs for fastening the soles and heels, and patent tips in metal or rubber are also procurable. An iron last is almost indispensable, although I have seen a flat iron used instead! A fairly heavy hammer, or a short bar of iron, for driving in the pins is also needed.

CARPENTRY.—Without pretending to be an expert, you can save a lot of time and expense by keeping a few tools in the house which you can use in an emergency. These should include a saw, hammer, chisel, screwdriver, a gimlet or brad-awl, a pair of pincers, and a small plane. You ought to have, besides, a box of assorted French nails, ½in. to 2ins., and some screws. A few sheets of sand-paper are always useful. If you do not possess "a good eye," a straight-edge, a square and a mitre-block may be added. The local timber merchant will saw wood to any required dimensions, and fancy mouldings and the "turned" legs of chairs and tables and cabinets can generally be bought at the ironmonger's. Use screws for strength, and nails for lighter and more temporary work.

CISTERNS.—Whether it be the hot-water cistern or the cold, it will be all the better for a *coat*! Bound round with sacking, which can be roughly sewn together with a coarse needle and thread, such a covering will *keep in* the heat of the hot-water cistern, thereby saving fuel, and *keep out* the frost from the cold-water cistern, thereby saving the risk of burst pipes. Cisterns should be periodically cleaned out. However careful we may be, a certain amount of dirt and sediment is bound to accumulate.

GLAZING.—It is not a difficult job to mend a broken window. Dig out all the old putty, and then measure the size of the piece of glass you will require. The ironmonger will furnish this, and also the putty, which you press home (after you have put the glass in the aperture) and smooth off with a knife. Have a look at one of the other windows to see how the job is done.

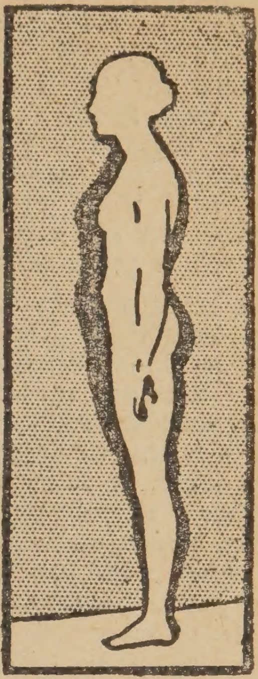
LAYING CARPET AND LINOLEUM.—As a matter of fact, neither ought to be laid straight down on the bare floor. If a felt "bed" or pads cannot be provided, sheets of stout brown paper, or even outspread newspapers, are better than nothing, especially in houses where the floor-boards are not properly clamped or tongued. Carpets are not so much "fitted" in these days, because the fashion is to have a "square," and a "surround" of linoleum. A good heavy carpet should not require tacking, and when the material is lighter and likely to "ruck up" tacks should only be used sparingly. A carpet can be smoothed out by using the head of a broom as a sort of presser. Stair carpets are awkward to lay owing to the bends, which make it necessary to fold in a portion of the carpet before you can pass to the next stair. Begin at the top, and put in only a few tacks, in addition to the stair-rods, till you are sure you have made a good "fit."

PICTURE CLEANING.—When dust and fly-casts get under the glass of your pictures they always look dowdy, however much you may polish the outer glass and the frames. The only thing

Slimming with Safety

Achieving a Graceful Figure by a new Scientific Method :: that CANNOT FAIL. ::

THERE are many who suffer from a surplus of adipose tissue. This disability is one which every woman is naturally anxious to lose not only for the sake of her figure, but also on account of the harmful effect on the health of this undesirable superfluous fat. Hitherto, the problem of slimming has been attended by all kinds of difficulties, not to say dangers, but, thanks to a recent remarkable scientific discovery, it is now possible for women, and men as well to achieve a slim and graceful figure without any recourse whatever to drugs, medicines, unhealthy appliances or harmful dieting. All these and other unsatisfactory means of attaining the desired result must now definitely be regarded as obsolete.



The thick black outline round the above illustration represents superfluous fat quickly and naturally removed by the wonderful "Thygloids" treatment.

Treatment That Always Succeeds

This new scientific treatment for slimming is the result of many years' investigation into the reducing properties of certain medicaments, and it has never yet failed to bring back to normal slimness even the worst cases. The fatty tissue is dispersed **quickly** and **easily**, and instead of unhealthy flabbiness, the muscles and tissues regain new life and elasticity **Double chin, protruding hips, thick arms, fat ankles, enlarged bust**—all these are reduced within a week or so—**and reduced permanently.** Not only **this.** but whilst it is decreasing the fatty tissue the treatment also gives **added vigour new life, vitality, strength and increased nerve force** to the entire system.

20 LBS. LOST IN NINE WEEKS!

Read what eminent Doctors say! Extract from Drs Martindale and Westcott's "Extra Pharmacopœia" Vol. I., p. 840: "Fucus Vesiculous or Sea Wrack."—"It is recorded that a lady lost 20 lbs. in nine weeks, and a gentleman 8 lbs in six weeks; another 8 lbs. in three weeks." **Thygloids contain 70 per cent. of Fucus Vesiculosis or Sea Wrack.**

Under the registered trade name of "Thygloids," this remarkable treatment for obesity is now available to the public, and everyone wishing to achieve grace of figure should begin the treatment without delay It is quite inexpensive, costing only 5/- per box, or the full standard treatment, containing four times the quantity, 12/-, post free.

THE MARBLE ARCH PHARMACY
(Dept. A.3.),
24, EDGWARE ROAD, MARBLE ARCH, LONDON, W.2.
CITY DEPOT: 78, FENCHURCH STREET, LONDON, E.C.

is to take the picture to pieces. Carefully remove the brads at the back and take out the layer of thin wood and the packing. Then remove the picture itself, and finally the glass from the frame. Clean the picture with a soft, dry cloth, and wash and polish the glass, and when everything has been replaced cut out and paste neatly over the back a piece of brown paper.

POTS AND PANS.—Don't throw away your kettle or saucepan, enamelled bowl, or bath because it has a hole in it. You can mend it, whatever the metal, and there is no need to bother with a soldering-iron. Get from your ironmonger, or from Woolworth's some of those clever little discs with a washer between, which can be placed over the hole, top and bottom, and screwed up by means of a small nut. The mended vessel will remain quite water-tight for a long time to come.

TAPS should not be allowed to "run" or drip incessantly. If your tap cannot be "turned off" effectually, unscrew it at the neck and insert a "washer," which you can buy or cut yourself out of a piece of leather.

WALL-PAPERING is not easy, especially when you have chosen an intricate pattern. There are edges to bring together with mathematical accuracy, and curves and corners to fit which will tax your skill and ingenuity Besides that, the pasting is an art in itself, and it is only too easy to tear a strip of paper beyond repair in your efforts to fix it in the correct position. Wallpaper is sold at so much a piece, and the number of pieces required can be ascertained by giving the shopkeeper the size of your room. He will show you his pattern-book, and you will be guided in your choice by taste and circumstances. You don't want a large pattern in a small room, for instance and a plain paper with a dado may look better than a floral design. After cleaning the walls and scraping off the old paper, your first job will be to cut your paper, and start by "hanging" the "straightforward" surfaces. You can fill in the curves and corners afterwards. Be sure to ask the dealer whether there is a discoun on the price of the paper. Generally there is.

WATER-PAINTS AND DISTEMPERS.—In a new house it is not advisable to put an expensive paper on the walls at first, even though you may prefer wallpaper to water-paints or distemper. Walls take time to "dry out," and a paper may be ruined by dampness, whereas a patch of discoloured water-paint can be covered with another coat when all signs of dampness have disappeared. Choose your colours according to the situation of the room or passage. You can cheer up dark places with bright tints, and tone down a sunny apartment with a more sober hue. Make a friend of your ironmonger or oilman, and explain to him the nature of your walls. He will know the best sort of material to cover a hard or absorbent surface, and if you give him the measurements of your room he will know pretty nearly how much you require. There are several brands of water-paint and distemper on the market. For living-rooms choose something that will wash. Full instructions are supplied with the tins, and your friend will tell you the best sort of brushes to use. The great point is to get your walls thoroughly cleaned down before you start and any holes should be filled up with plaster of Paris, two-pen'orth of which will go a long way and come in handy for all sorts of "plugging" jobs. Decorative effects may be obtained by stenciling. Ceilings are a more awkward proposition. Holes and broken cornices should be repaired, and if a whitewash be used the shopkeeper will supply the necessary ingredients and tell you how to mix them. If you are renovating the room throughout, start with the ceiling, for you are bound to splash the walls.

WOOD STAINING.—For outside work, fences and gardening purposes, creosote is cheap and expeditious. For floors, there are several devices. Permanganate of potash dissolved in hot water is the simplest of all and produces a pleasing dark tint. Japan black, thinned with about twice its bulk of methylated spirit, produces a good oak stain; and a mahogany colour can be obtained from bichromate of potash dissolved in water, or by mixing powdered burnt sienna with water and beer. It is easier, of course, to purchase a stain ready-made, and there are some excellent brands on the market Clear instructions are "put up" with goods, and if a little varnish will improve the job, you can get it at the same shop.

✱ Dr. MORSE'S ✱
INDIAN ROOT PILLS

"Nature's Way to Health"

Are a positive cure for all

STOMACH, LIVER, KIDNEY COMPLAINTS

they are the perfect

BLOOD PURIFIER

AND BANISH

BILIOUSNESS, INDIGESTION AND CONSTIPATION

HEADACHES AND ALL FEMALE COMPLAINTS

Sold by Taylors, Boots, and all Chemists and Stores
but if unable to obtain, send direct with 1/3 to

THE W. H. COMSTOCK CO., Ltd., 21, Farringdon Ave., London, E.C.4

INSIST ON DR. MORSE'S
AND REFUSE ANY OFFERED SUBSTITUTES

All ladies who seek Regular Health !

WISE ladies seeking regular health, who are willing to profit by the experience of others will, before parting with money for useless remedies, write to us to-day for a Free Sample packet of the renowned

DR. REYNOLD'S LIGHTNING PILLS,

the sure and safe remedy for all irregularities, etc. They give relief in even the most obstinate cases and have been used by thousands of ladies for many years with extraordinary success. Dr. Reynolds Lightning Pills are a recognised and established remedy known and approved all over the civilised globe. Take advantage of the FREE OFFER TO-DAY.

REMARKABLE FREE OFFER.

Write at once for Free Sample and 'Wisdom for Wives,' an interesting book, with testimonials, guaranteed genuine. Adults only.

Prices 3/-, 5/- and 12/ per Box. Post Free.

THE MANAGERESS:

THE LONDON SURGICAL CO. (Dept. A.3.),
8, GREEN STREET, LEICESTER SQUARE, LONDON, W.C.2.

Hints on Domestic Pets

CANARIES.—The ordinary yellow or yellow and brown varieties excel as songsters; the exotic coloured ones fail in this respect. They should be kept in dry rooms without a fire. Gas is injurious to them and their cages should not be hung where there is a draught. They should be kept in a large cage, with two perches, and kept perfectly clean. Their cages should have fresh sand and a little fine gravel every day and plenty of water for drinking and bathing. Canary, linseed and a little rape seed, with watercress, groundsel and lettuce leaves and occasional fruit is their normal food, with a spoonful of hard-boiled yolk of an egg, especially when moulting. Place a rusty iron nail in their drinking water when moulting as a tonic. If you breed canaries, mate them so that they lay and hatch their eggs in early spring. The birds require their claws to be cut occasionally when they commence to overlap their perches.

CATS thrive on a varied diet—meat, table scraps, fish, gravy, and some cats adore tomatoes and salads. There is no fear of adult cats over-eating. Should cats become infested with fleas, which will be manifest by their continual scratching, spray them with spirits of camphor and then comb them. The fleas will vanish. Before kittens are born a basket or clean cheese-tub lined with blankets should be placed at the disposal of the expectant mother in a warm corner of the kitchen.

FOWL-HOUSES should be periodically whitewashed with well-slaked lime, in which a pound of alum to the pailful has been dissolved. Garden walls, wash-houses and tool-sheds should also be brightened up two or three times yearly by thoroughly lime-washing.

GOLDFISH should never be overcrowded in their tanks, in which aquatic plants must be grown to keep the fish in good health. Two or three times a week supply the loss of evaporation by pouring water through a fine rose. Ants' eggs and green or black fly form their food. Sticklebacks, on account of their quarrelsome nature, must not be kept in the same tank as gold or silver fish, as sooner or later you will find that they will kill your pets by ripipng them open with their sharp spines.

MICE AND RATS require large cages with sleeping-boxes inside. They should be fed on corn, oats, or any similar seeds, varied with bread and milk or biscuits. Leave a few uncracked nuts in their cage, which they will gnaw through and thereby keep their teeth from overlapping. Their cages should be cleaned daily and the floors covered with sawdust. Some fancy mice are very valuable.

GUINEA-PIGS or cavies want plenty of clean, fresh water to drink and a handful of oats, in addition to greenstuff. They love fresh grass, and it is well in dry weather to let them run about the lawn or grass plot. They must be kept in a dry, warm hutch and should have a hay or straw bed to lie on.

PARROTS, parakeets and cockatoos must be protected from cold, as they are subject to chest and throat complaints. They should never be given meat or bacon-rind (although they will eat it greedily), as the heating of blood it engenders induces them to pluck out their feathers. Their staple food consists of sunflower seeds, hemp, maize, nuts, fruit, soaked bread and hard biscuits.

RABBITS should be kept in dry hutches in a sunny position and allowed plenty of room. Bran, carrots, celery and parsley are good for them, but they should not be given wet green food. If possible, allow them to run about the garden or yard on dry days.

TORTOISES can be kept in the garden all the year round. They prefer green vegetables, lettuce, cabbage and dandelions, and unless they are restricted by a small wooden board will play havoc with young growing peas and other plants. Strawberries they are especially fond of. In autumn they bury themselves deeply in the ground and hibernate until spring, when they emerge and resume feeding.

If Your EYES Are Weak

YOU CAN MAKE THEM STRONG

WITHOUT SPECTACLES, OPERATION OR MEDICINE.

If your eyes are affected you need our book on "Eyes," describing a harmless method by which you can strengthen the eyes and restore the vision without operation or the aid of drugs or glasses. It is in the nature of a gentle massage which stimulates the action of the blood in the eye arteries, with the result that natural sight is restored, and the eyes become painlessly and surely moulded to perfect shape. By this means near-sight, far-sight, astigmatism, and other defects are corrected and cured. You can, at small cost discard your glasses and counteract headache and eyestrain by five minutes' manipulation daily in your own home.

See Nature with naked eyes—not through glass windows.

A 1/- BOOK ON THE "EYES" FREE.

This book is published at One Shilling, but its contents are of such vital importance to all sufferers from eye defects that we have decided to give away 50,000 copies at cost. If you would like one, send no money—only your name and address with 3d. (abroad six foreign) postage stamps for expenses. Address Publishers:

NEU-VITA (Dept. K.S.),
195-252, Central Buildings, London, Bridge London, S.E.1, Eng.

CHARMS THAT BRING GOOD FORTUNE

ENSURING LUCK IN LIFE—A MAGICAL MASCOT.

Do you believe in the beneficial influence of lucky charms? If so, you are only doing what others have done before you right through the ages. Many who profess themselves superior to what they are pleased to call superstition secretly carry some little token which, although they admit it only to themselves, they would be reluctant to lose for fear it should bring them bad luck.

So many authentic cases have been recorded where charms have brought good fortune that the question can no longer be treated with derision, but it is necessary for the wearer to have faith as well. There are, of course, many charms, but it is certain there is not one that possesses the attributes of the famous Lucky Seroom, which is not only one charm, but actually *seven charms in one.*

People in every grade of society, from the highest down, to-day rely upon the Lucky Seroom to bring them success in life and love, in competitions and Irish and other sweepstakes, and in recovery from severe illness. All who wish to ensure themselves of the good things life holds should possess this magical mascot. The Lucky Seroom embodies the following seven charms: 1, the Buckle of Isis (Egypt); 2, the Talisman of New Guinea; 3, the Tau (the ancient Cross worn by Moses); 4, the Triangle with upward apex; 5, the Seven Greek Vowels; 6, the Eye (enati), protector from evil; 7, the Swastika (the pre-Christian Cross).

It will be seen, therefore, that this wonderful luck bringer is a very remarkable charm in every way, and those of our readers who wish for their share of good fortune in life would do well to acquire one without delay. The Lucky Seroom, which is most attractively finished in *real enamel and gilt, can be* obtained from **Old Moore's (Charm Dept. E.H.), 37, Cursitor Street, London, E.C.4, at the nominal cost of 1/6, post free.**

FREE TO EVERY PURCHASER OF THE "LUCKY SEROOM" A 64-PAGE ALMANACK, CONTAINING 12 MONTHLY PREDICTIONS, SENT FREE.

Hints on Dogs

The aim of every owner should be to keep his dog in a fit state of health, and the conditions which this desirable state of affairs demands may be summed up as follows:—(1) Proper food: (2) adequate exercise; (3) good housing.

An important factor in regard to feeding is that meals should be given regularly, and the weakness that any kind-hearted person instinctively feels to give his or her pet odd scraps and tempting tit-bits between times should not be given way to. It is a case, perhaps, of being cruel to be kind, although, after all, it is surely no cruelty to give first consideration to keeping a dog in a good state of health. Two meals a day are usually quite sufficient for the average dog. The first, given in the morning, should consist of the well-known dog biscuits or dog meals of the kind recommended by the manufacturers as being best suited to the size and breed of the animal.

The other meal, to be given later in the day, should comprise pieces of meat, bones and the like left over from the table. Occasionally a little fried calves' liver may be given and a certain amount of raw meat once or twice a week is also advisable. Bones that are not liable to splinter—small bones of poultry, rabbits, etc., are to be avoided—should be given to a dog, as healthy exercise is provided for the teeth by gnawing these, and the flow of saliva is promoted, thereby assisting proper digestion.

Except very occasionally foods of what may be described as a "sloppy" nature are not advisable.

The dog's drinking water should always be maintained in a constant state of freshness and cleanliness. A small knob of sulphur placed in the drinking vessel will help to cool and purify the blood.

In many respects there is little to choose between the average child and the average dog, and this is particularly so in regard to the ailments to which they are heir. In both cases a number of these ailments can be directly attributed to improper feeding, and where this is so the treatment given to the child can be given to a dog, with this difference, namely, that the size of the dose should always be suited to the size and age of the animal

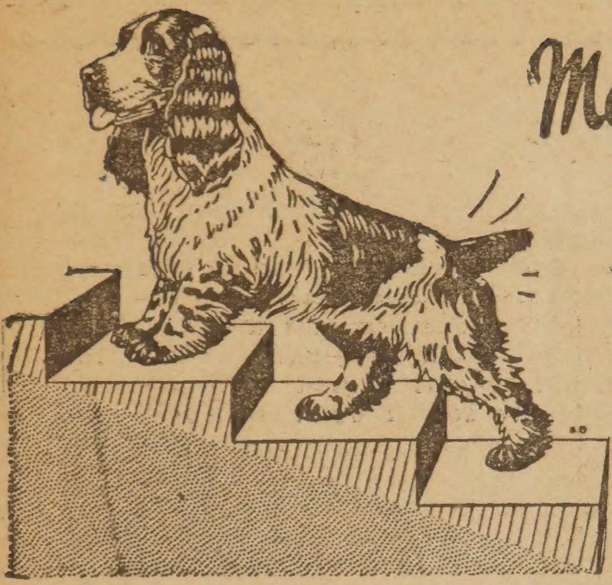
Even in those cases where a child is perfectly healthy, it is a wise plan from time to time to give a suitable medicine in order to ensure a maintenance of this happy state. The same thing applies to dogs whose owners are concerned to keep their pets constantly fit. Prevention, it is said, is better than cure and a dose of some approved remedy now and again will do much to prevent not only the little disorders that are liable to occur, but to ward off more serious complaints to which dogs are particularly liable, such as mange, distemper canker and worms. For this purpose there is one remedy which can be safely recommended, namely, Benbow's dog mixture, which, as a means of keeping a dog in condition, has long since proved its value. Puppies are subject to worms, and a few doses of Benbow's is sufficient to eradicate this pestilential and unpleasant disease.

Proper exercise is all-important to keep a dog fit. No lazy dog can be a healthy dog, and a sharp run or walk two or three times a day should always be indulged in.

Kennel conditions must be clean and perfectly dry. If the dog is housed out of doors, it should be seen to that the kennel is placed a little above the ground, so as to prevent dampness, whilst the roof must be weathertight.

Too frequent washing of a dog is not to be advised, and when a bath—as is sometimes essential—has to be given, it should be got over quickly and the animal thoroughly dried.

The best means of keeping a dog clean is by regular and fairly frequent brushing. Bran rubbed well into the coat before the brushing process will be found helpful.



Makes steps to health

ARE YOU CONDITIONING YOUR DOGS CORRECTLY

MAKE SURE OF THIS BY GIVING THEM

BENBOW'S DOG MIXTURE

THE ORIGINAL CONDITIONER

Start now and do what other dog owners have been doing for over a hundred years. Give your dogs the Conditioner you CAN rely on. A dose once or twice a week is all they require to keep them fit.

THE FOLLOWING IS AN EXTRACT FROM A GUARANTEED GENUINE AND VOLUNTARY TESTIMONIAL.

"I still find your "BENBOW'S" wonderful for my Kennel of Irish Setters, all well known show dogs. I still recommend it to all my clients, I think so highly of it. I have before me many Dog preparations, but can find nothing to beat "BENBOW"!

NO DOG OWNER SHOULD BE WITHOUT "BENBOW"

From **1/6** per bottle.

Also in Capsules, 3/- per box, in three sizes, either quarter, half or one teaspoonful doses, according to the size and age of dog.

Of Chemists and Corn Merchants everywhere.

WRITE FOR FULL PARTICULARS.

BENBOW'S DOG MIXTURE CO., LTD.

Dept. 6, 2, Bartholomew Close, London, E.C.1

Careers for Boys & Girls

WHAT to do with our boys and girls is a problem that confronts all parents alike, for every department of the labour market, high and low, is overcrowded. Even the glib expression—"there is always room on top," is hardly correct, although its meaning is perfectly clear.

The man or woman equipped with knowledge and experience, and the qualities of industry, courage and perseverance, is more likely to reach the summit than the easy-going person who is content to drift from one blind-alley job to another. Everybody ought to be able to do at least one thing well; therefore, the first essential is to give our boys and girls the best education we can afford. If they can leave school with the "Matric.," or any other examination triumph to their credit, so much the better, and if, perforce, it should be necessary for them to start in a "blind-alley" occupation, teach them that the lowliest work is honourable so long as it be made the stepping-stone to something better.

The Evening Institutes of the Borough and County Councils provide cheap facilities for self-improvement, and besides the Public Libraries, Museums and Picture Galleries, there are Commercial Schools and Technical Colleges, splendidly organised, which specialize in planning the careers of the rising generation.

Indeed, the boys and girls have the ladder at their feet if they will but dare to climb.

Tell them, too, that citizenship of this great Empire brings its duties as well as rights and privileges—that the consciousness of being useful will carry us a long way towards happiness.

So many boys and girls have no idea of what they would like to be! It is far more unfortunate when they do not care, because the chief secret of success is to make sure of your goal and then work towards it for all you are worth. It is not given to all of us to achieve riches or fame, but we can all do our best to "plough a straight furrow" in the field of human endeavour.

ACCOUNTANT.—An important profession, since so many official returns and commercial documents must bear a fully-qualified accountant's certificate. Two incorporated bodies are recognised by the Government—The Institute of Chartered Accountants of England and Wales, Moorgate Place, E.C.2, and The Society of Incorporated Accountants and Auditors, Victoria Embankment, W.C.2. Both enjoy a high reputation for efficiency, and hold examinations and issue certificates. The candidate usually joins a firm of accountants, the premium covering a training course or apprenticeship, spread over so many years as arranged, at the end of which period (or before) he will sit for his certificate with a view to becoming a full-fledged accountant.

AGRICULTURE.—Appointments under the Ministry of Agriculture and the various Marketing Boards are more numerous than they used to be. A knowledge of and a liking for farming and rural conditions are naturally an advantage. Diploma courses are given at the following Universities: Oxford, Cambridge, London, Reading, Durham, Leeds, Wales, Aberdeen, Edinburgh, Dublin. The address of the Ministry of Agriculture is Whitehall Place, S.W.1.

ARCHITECTURE. — The Universities giving Diploma Courses are London, Liverpool, Manchester and Sheffield. Address the Secretary in each case for particulars and fees.

AVIATION.—In the constructional departments an apprenticeship or technical course is necessary. Clerical appointments for both sexes are made, as in other business concerns. Write to the secretaries of the leading aviation companies for particulars of any vacancies. (Imperial Airways, Victoria, London, S.W.).

BANKS.—Clerkships are open to both sexes. Entrance age 17-19. Salaries £50 to £80 to start, with annual increments, and a pension on retirement. Applicants are generally required to sit for an examination. Scholastic successes and influential references useful. Write for particulars of vacancies to the respective secretaries of the "Big Five," as under:

Midland Bank, Ltd., Poultry, E.C.2.
National Provincial Bank, Ltd., 15 Bishopsgate Street, E.C.2.
Westminster Bank, Ltd., 41, Lothbury, E.C.2.
Lloyds Bank, Ltd., 71, Lombard Street, E.C.3.
Barclays Bank, Ltd., 54, Lombard Street, E.C.3.

BREWING. — Institute of Brewing, Brewers' Hall, Addle Street, E.C.2.

CHEMISTRY.—Institute of Chemistry of Great Britain and Ireland, 30, Russell Square, W.C.1.

CIVIL SERVICE.—Nearly all clerical appointments in the Civil Service are now open to both sexes by competitive examination. Some of the higher posts (especially in the Diplomatic Service) are still filled by nomination. The Civil Service Commission, Burlington Gardens, W.1, is the governing body, and particulars of forthcoming examinations for the Post Office, Customs, and other departments are issued from time to time in "The Times," "Daily Telegraph" and other newspapers. Particulars of Civil Service clerkships (ages of candidates, subjects for examinations, salaries, pensions, etc.) can be obtained from H.M. Stationery Office, Kingsway, London, W.C.

COLONIAL APPOINTMENTS. — Openings for Britishers in the self-governing Dominions are few and far between. Naturally, a preference is given by the Dominion Governments and Business Houses to candidates born in the territories concerned, but occasionally an oversea vacancy is advertised in the Public Appointments section of "The Times" and "Daily Telegraph." The Crown Colonies, however, are largely governed from London by the Colonial Office, which appoints and sends out civil servants from Great Britain. Railways, road-making, irrigation, bridge-building and other engineering works provide openings, and the Secretary, Staff Department, Colonial Office, Downing Street, S.W.1, can be approached for particulars of vacancies, including clerkships, in the Civil Service and Customs. A list of Crown Colonies and Protectorates, with details relating to climate, produce and commercial possibilities, will be found in Whittaker's Almanack, which can be consulted at any public library. If it be proposed to proceed to any of the Crown Colonies as a settler, application should be made to the Government, Overseas Settlement Department, Caxton House, Tothill Street, S.W., for the latest official information concerning emigrants to that particular part of the British Empire. Advertisements for planters (tea, coffee, rubber, cotton, etc.) appear from time to time in the Press. Applications for clerkships in Colonial Banks should be made to the Secretary at the London office of the Bank concerned.

DENTAL STUDY can be followed at most of the Universities, which also issue Dental Degrees.

DRAMA. — Write Royal Academy of Dramatic Art, 62-64, Gower Street, W.C., for prospectus.

ENGINEERING.—Diploma courses given at Oxford, Cambridge, London, Manchester, Bristol, Liverpool, Sheffield, Edinburgh and Dublin Universities. There are also the Technical Institutes organised by the Municipal and County Councils.

DOCTORS (MEDICAL).—Medical and Surgical Degrees are conferred by nearly every University. A student also "walks" the hospitals as part of his training, and when sufficiently qualified he can purchase a practice or work up one for himself by starting in a suitable neighbourhood. The examinations are "stiff" and a doctor's life is replete with hard work and responsibilities. The address of the General Medical Council is 44, Hallam Street, W.1.

INSPECTORS under the N.S.P.C.C. and the R.S.P.C.A. are sometimes wanted. A genuine sympathy for children and animals (as the case may be) is necessary, and letters respecting vacancies should be addressed, respectively, to The Secretary, National Society for the Prevention of Cruelty to Children, 15, Leicester Square, W.C.2; Royal Society for the Prevention of Cruelty to Animals, 105, Jermyn Street, S.W.1.

INSURANCE COMPANIES.—The practice is much the same as in Banks. The Prudential gives a preference to the sons and daughters of professional men. You will find a list of Insurance Companies in Whittaker or the Telephone Buff Book, and most of the big ones have a staff department. Approach the Secretary in each case. A good school report, certificates (Matric., Oxford and Cambridge Local) and influential references will help you.

JOURNALISM.—The glamour of seeing our words in print has tempted many an adventurer to throw up the chances of a solid appointment for the elusive gains of Press work. If you have something interesting to say and you can say it in intelligible language, try your luck first of all as a "free lance" before you think seriously of adopting journalism as a career. If you can make it a profitable "side-line" you will be lucky, and when you have so attracted the attention of editors as to lead them to ask for more, it will be time enough to think of giving up the office, the shop or the factory. There are many schools of journalism where one can learn a great deal about "technique," but the great demand in these days is for "ideas." A certain amount of "Journalism" can be done with scissors and paste and a good encyclopædia, but the real craftsman must be well-read, observant, tactful, resourceful, adventurous, a thinker and a student of humanity, with a "nose" for readable "copy." The London University provides courses in Journalism, and most of the Evening Institutes include Literature and English Composition in their syllabuses.

LAW.—To become a solicitor it is necessary to be articled to an established practitioner. Fee by arrangement between contracting parties and according to circumstances. For particulars of examinations, etc., write, The Secretary. Law Society, 100-113, Chancery Lane, London, W.C.2. The authority for Scotland is the Faculty of Advocates, Parliament Square, Edinburgh. The Universities giving Degree courses in Law are Oxford, Cambridge, London, Durham, Birmingham, Liverpool, Manchester, Leeds, Sheffield Wales, Aberdeen, Edinburgh, Glasgow, Belfast and Dublin. Qualification as a Barrister can only be obtained at one of the Inns of Court or Faculty of Advocates. The candidate usually "reads" and "eats his term" with a practising barrister in return for fees fixed by mutual agreement. The Inns of Court in London are The Inner Temple, E.C.4, The Middle Temple, E.C.4, Lincoln's Inn, W.C.2, and Gray's Inn, W.C.1.

MUSIC.—Degrees in Music are granted by the Universities of Oxford, Cambridge, London, Durham, Birmingham, Manchester, Edinburgh and Dublin, also by the University of Wales. Important bodies in the musical world are the Royal Academy of Music, York Gate, Marylebone Road, N.W.1; Royal College of Music, Prince Consort Road, South Kensington; and the Guildhall School of Music, John Carpenter Street, E.C.4. The Royal College of Organists is at Kensington Gore, S.W.7. Address the Secretary in each case.

PHYSICAL TRAINING (FOR WOMEN.) — Good appointments are to be obtained in schools, colleges and institutions. For particulars of training courses and fees apply Bedford Physical Training College, Lansdowne Road, Bedford; Physical Training College, Chester Road, Erdington, Birmingham; Chelsea College of Physical Education for Women, Manresa Road, S.W.3; Physical Training College, Barkhill, Aigberth, Liverpool, and the Physical Training College, Fieldgarth, Norman Road, Rusholme, Manchester. Address, The Principal.

POLICE.—Write to the Superintendent, Recruiting Department, Scotland Yard, S.W.1, for London, or to your local Borough or County Police Headquarters in the Provinces, asking for particulars of any vacancies and the terms of enlistment. A high standard of physical fitness is required and the height required is generally 5ft. 9ins. of 5ft. 10ins. and over.

PORT OF LONDON AUTHORITY.—Address the Secretary, Staff Appointments Department, Port of London Authority, Trinity Square, E.C.3, asking for particulars of clerkships (both sexes) and the details as regards examinations, salaries and pensions.

"PREMIUMS," "DEPOSITS" AND "CASH SECURITY."—Be wary of demands far a cash deposit by way of "security." A fidelity bond arranged through an insurance company should be quite sufficient for a reputable firm

"ENGINEERING OPPORTUNITIES"

FREE !

ENGINEERING OPPORTUNITIES
268 PAGES
Free!

This unique Hand-book shows the easy way to secure **A.M.I.C.E., A.M.I.Mech.E., A.M.I.E.E., A.M.I.A.E., A.M.I.W.T., A.M.I.R.E.,** and similar qualifications.

WE GUARANTEE—"NO PASS—NO FEE."

Details are given of over 150 *Diploma Courses* in all branches of **Civil, Mech., Elec., Motor, Aero., Radio and Television, Engineering, Building, Government Employment,** etc.

Write for this enlightening Hand-book to-day **FREE** and post free.

British Institute of Engineering Technology,
132, SHAKESPEARE HOUSE,
17, 18, 19, STRATFORD PLACE, LONDON, W.1

CIVIL SERVICE VACANCIES

AGE LIMITS 15-26 EITHER SEX.
EXCELLENT COMMENCING PAY.
NO EXPERIENCE REQUIRED.

WANTED.

Numerous vacancies are now existing for keen applicants.

For details of these vacancies, and of Age Limits, Pay, Promotion, and Entrance Requirements for all branches of the Service **(Taxes, Customs, Post Office, Clerical, Engineering, L.C.C., Municipal, etc.)** you are advised to apply for free copy of the 1937 Edition of **Civil Service Hand-book** FREE and post free on request.

1937 GUIDE TO CIVIL SERVICE VACANCIES
CIVIL SERVICE OPPORTUNITIES
Free!

B.T.I. (Dept. 151)
356, OXFORD STREET, W.1

who really want your services and not your money. Should you feel convinced, however, that an "investment" of some sort or another is a fair risk, spend another eight and fourpence, or even a guinea, and let a solicitor or your bank manager see the agreement before you sign it.

PROFESSIONS. — There is no reason why an ambitious young man or woman should rest content in an inferior position provided he or she is prepared to study in spare hours. Most of the professions are entered by way of examinations, the fees for which vary. Space does not permit us to give full particulars, but each of the professions is represented by a governing body, from whom all the necessary information can be obtained. The respective secretaries are invariably courteous and helpful, and your desire to become an accountant, an engineer, a solicitor, a doctor, and so on, will always elicit a sympathetic reply. A stamped addressed envelope for a reply is sometimes appreciated.

PUBLIC APPOINTMENTS under Government and Municipal authorities, Public Boards, Hospitals and other important institutions are advertised daily in "The Times" and "Daily Telegraph" under the headings "Public Appointments" and "Official Appointments" respectively. The name and address of the responsible officer and brief particulars for the guidance of candidates are given in each case.

SCHOOL TEACHERS.—Apply for particulars to the Clerk, Education Department of your local Borough or County Council. For the Metropolitan area address The Clerk, Education Department, County Hall, London, S.E.1.

SHIPPING COMPANIES.—Officers for the Mercantile Service must undergo a course of training and pass a series of examinations. There are several training colleges, but the fees are fairly heavy. Clerical appointments in the offices are made on much the same lines as those obtaining in other business houses, although it may be taken for granted that a knowledge of geography, trade routes, and English and foreign railways and transport services would be an advantage. It must also be remembered that whilst some shipping lines deal only with commercial freights, others control vast passenger services. It is an advantage to "begin young" in a small company for the sake of experience. For lists of shipping lines see Whittaker and Telephone Buff Book. Address the Secretary, re staff vacancies.

TESTIMONIALS.—In applying for an appointment never send original testimonials, which may be lost or mislaid. Copies will always suffice till an interview is arranged, when the originals can be produced.

VETERINARY SURGEONS.—The Royal College of Veterinary Surgeons, 10, Red Lion Square, W.C.1, is the examining body and issues diplomas. There are affiliated Veterinary Colleges at Camden Town, N.W.1, Liverpool, Edinburgh, Glasgow and Dublin.

THE "NO PASS—NO FEE" guarantee of the B. T. I., of 356/366, Oxford Street, London, W.1, and the B. I. E. T., of 17-19, Stratford Place, W.1, is by far the best guarantee offered by Correspondence Colleges. They absolutely undertake to return all fees if students fail to pass their stated examination on the first attempt. We agree that this constitutes the highest possible attainment in modern education, well worthy of everyone's careful consideration.

* * *

COOKERY HINTS.

THE KITCHEN and all cooking utensils should be kept scrupulously clean. Separate frying-pans and saucepans should be kept for cooking fish. Gas-stoves should be cleaned daily and kept free from all grease and rust. If copper cooking vessels are used great care must be taken that the insides are kept thoroughly tinned as well as clean and food must never be allowed to stand in them overnight.

CURRIED FISH.—Flake the cooked fish then mix flour, milk and curry powder in a pan. Boil some rice. Then boil the batter and put in the fish with the rice and a hard-boiled egg cut into slices.

EELS take about thirty minutes to stew slowly in milk and water with onions, parsley, herbs and seasoning.

Dr. Morse's
INDIAN
ROOT
PILLS
"NATURE'S WAY TO HEALTH"

BE TALL Your Height increased in 14 days or money back. 3-5 ins. gained. Complete Course 5/- Details free, privately. **L. E. Stebbing, 28, Dean Rd., N.W.2**

RESHAPE YOUR NOSE

Why have an odd-shaped Nose? This new scientific Guaranteed NOSE-MOLDER will re-shape your Nose as you wish, while you sleep. Improve your appearance. Corrects any type. Try 14 days. If not delighted, money refunded. Complete NOSE-MOLDER 5/6. Sent privately—**Vitality Appliances, 28 (L. E.), Dean Road, London, N.W.2.**

LOVELY BUST

Have a beautifully-rounded bust with **Beautipon**, the amazing Vegetable Flesh-Former. Simply rub in this harmless Cream at night, and in a few weeks you will have a glorious figure. Trial treatment 1/6. Sent privately. **Beautipon, 28 (L.E.), Dean Road, London, N.W.2.**

BE UPRIGHT

Look manly—be upright—wear the 'Vitality' Shoulder Support. Expands chest 2-3 ins., improves figure, heals; conquers stoop, 3/9. Money-Back Guarantee. Sent privately. **Vitality Appliances, 28 (L. E.), Dean Road, London, N.W.2.**

NERVES Shyness, Nerves, Inferiority Complex, Blushing cured or money back. Complete Course 5/-, or details free, privately under plain cover.

L. E. Stebbing Treatment, 28, Dean Rd., London, N.W.2

EXCLUSIVE NUDIST MAGAZINES, Etc.

(GERMAN — FRENCH — AMERICAN, ETC.)

"SOMA."—An album of exclusive studies from the Nudist colonies. PRICE 2/- POST FREE

"NACKT LEBEN."—The Nudist Magazine, featuring a superb collection of studies from life. PRICE 2/- POST FREE

NOW READY!—" Beautes de Studio." An amazing Calatogue-Collection of 500 Feminine Photos (from life). **Five hundred Studies!** Price only 2/- Post Free.

"ZURUCK ZUR NATUR." A new magazine of German Nudist photographs, together with a sample assortment of Prints, Catalogue and Illustrated Brochure. PRICE 3/- POST FREE

"NUDIST ART."—A de-luxe photographic collection of beautiful girl Nudists in Open-air and studio poses. ✦ **Enormous Demand.** PRICE 5/- FREE POST

DON'T MISS THIS! "Snappy Shots." Snappy American magazine with 73 unconventional photos of Film Stars. Price 1/6 Post Free.

SPECIAL OFFER:— All six above books will be sent, together with a sample Selection of Photos, complete Catalogue and an Illustrated Brochure for ... ... 12/6 POST FREE

ALSO:—" La Beauté " (French Photo Magazine), 3/9. American Girl Photo Magazines, 2/- each (3 different for 5/-). American Nudist Hagazine, 1/9 **ALL POST FREE.**

Applicant must state profession or age.

E. H. JAMES & CO., 6, NORTON ST., LIVERPOOL

Hints on Buying a House

SOME men take more trouble about choosing a necktie than they do about choosing a house. Yet buying a house is a grave responsibility. You are going to sink money in an investment, and the time may come when you will want to sell. Will the value of your property go up or down? You must weigh the chances before you sign the agreement, and here are some important points to bear in mind.

SITUATION.—If you go daily to work, you will doubtless choose a locality well served by rapid and cheap transport facilities, which will not add too heavily to your expenses.

ASPECT.—High ground is healthier than low ground, and a house facing south, or, better still, south-west, will have a sunny frontage. A northern or north-eastern outlook is generally to be avoided. A clay soil is often damp, and unsuitable for people who suffer from rheumatism, but in elevated situations the clay is not so liable to remain water-logged after rain as it is in a valley or indentation. A gravel or chalk soil is better; the first will give you good results in the garden, whilst houses built on chalk are seldom damp.

NEIGHBOURHOOD.—You may like to be quiet and secluded, but the children (if there be any) will want a school within easy distance. Their mother won't want to be too far away from the shops. Dad and the boys and girls who go up to town to business will find it convenient to be fairly near the railway station. Take a good look round the estate and the locality before you decide. Is the neighbourhood likely to improve or deteriorate? Are there any building restrictions to prevent the erection of undesirable property? What are the rates? Are they likely to "go up"? You can be tolerably certain that, in any case, they won't come down! Are there factory or shop sites which may lower the residential nature of the district later on? Will the traffic increase and become a nuisance? On the other hand, all sorts of things may happen to enhance the value of your property. A new railway station may send up the price of land at a bound. The inauguration of a public park, or other forms of municipal enterprise may so popularise the neighbourhood as to increase the competition for houses. Ask some of the local shop-keepers what they think of the place.

THE HOUSE OF YOUR DREAMS.—We all have our likes and dislikes, but don't sacrifice convenience entirely to prettiness. Houses are much more attractive in design than they used to be, and the electric light, and tiled bathrooms, iron-framed windows and labour-saving devices would have astonished our grand-parents. But they, on the other hand, would have scoffed at a "kitchenette," for a kitchen in the old days was one of the larger and certainly one of the most important rooms of the house. Cooking and the work at the sink uses up an enormous amount of the wife's time and energy. Therefore, let these departments be as spacious and comfortable as possible.

GAS OR ELECTRICITY.—See the local gas company and the electric light authority, and weigh the advantages offered by Mr. Therm against those offered by Mr. Voltage.

CONSTRUCTION. — Scores of eligible estates are advertised in the newspapers, and the builders will be only too pleased to conduct you round. There is generally a "show house," furnished with the goods of a local emporium, so that you can see what your home would really look like. You will do well, however, to examine one or two of the half-finished houses *unattended*, in order to see what the brick and woodwork look like in the rough. The buyer is protected to some extent by the fact that plans have to be passed and the houses and drains constructed in accordance with local bye-laws, and then again, when you come to buy, part of the cost will be a fee for the surveyor, who will view the property for the party advancing the money. Nevertheless if you have a friend who knows anything about buildings, or if you prefer to obtain an independent valuation, the cost of extra advice may prove a sound investment in the long run. In these days of "lightning" construction the woodwork and painting are sometimes—well, faulty! The doors and floorboards, all of new wood, are liable to shrink, and on a clay soil the brickwork may show signs of dampness, with the possibility of a subsidence later on. See that you have a nice airy pantry or larder, not too near a w.c. or an open drain.

BUYING.—The house is chosen. How shall you set about becoming the proud owner? The builders will help you. They are probably working in conjunction with one of the many excellent building societies, which have made house-purchase easy and immensely popular. If you would rather go to a building society of your own choice, the builders will raise no objection, but in these days the terms and agreements have been so standardised that the procedure is practically the same wherever you go.

There will be a lump sum to pay down, and the balance of the purchase-price will be spread over a term of years, to be paid monthly or as arranged. A certain amount will be incurred for legal expenses, conveyance, deeds, etc., and care should be taken to make sure beyond all manner of doubt that no claims will subsequently arise for road-making, drainage, or any charges incidental to the "closing" of the estate.

A cynical friend may object that this is an expensive way of buying a house. The answer is that if you didn't buy this way you probably wouldn't buy one at all. At the end of twenty years, say, the house will be your own. You have practically bought it with what you would otherwise have paid for rent without possessing a brick of it at the end of the same period.

Other means of acquiring the property are at hand for the buyer who has a substantial sum of ready money at his command. In such circumstances a bank will make an advance against the deposit of deeds, or a solicitor will arrange a mortgage with a client who happens to have some money to put out at interest on good security.

From the ethical and psychological points of view it is a "good business" to own your own house. Every ounce of work you put into it adds to it value. You have a stake in the country, and the sense of responsibility should make you a prudent and far-seeing citizen.

The Truth in Your Horoscope

Let me tell you free some of your past experiences, future prospects, financial possibilities and other confidential matters. Your prospects of life, happiness in marriage, friends, enemies, success in all undertakings, legacies, speculation and many other vital questions can be revealed by the great science of Astrology.

Professor ROXROY
Noted Astrologer

Let me tell you free startling facts that may change the whole course of your life and bring success, happiness and prosperity. Your astrological interpretation will be written in plain, simple language and consist of not less than two full pages.

Be sure to send your birthdate, with name and address distinctly written by yourself. If you wish you may enclose 6d. (P.O. or stamps) to cover cost of this notice, mailing, etc. There will be no delay; you will hear from me at once. This offer may not be made again, so act now. Address ROXROY, Dept. 255, Emmastraat, 42, The Hague, Holland. Postage to Holland 2½d.

NOTE: Prof. Roxroy is held in high esteem by his many clients. He is the oldest and best known astrologer on the Continent and has been practising at the same address for upwards of 20 years. His reliability may be judged by the fact that all of his work for which he makes a charge is on the basis of satisfaction guaranteed or money refunded.

Hints on Letter Writing

SEE that your letter is *dated.* Many disputes have arisen and many cases have been lost through the omission of a date on a letter. Avoid the lazy practice of putting simply the day of the week, such as "Monday" or "Friday." Your correct postal address should head the letter. Say what you have to say in plain, short sentences. If the letter be important, make a rough draft beforehand. When you are angry, or committing yourself to a serious responsibility, "sleep on your reply" before posting it. Keep a copy of important letters, and in the event of a lengthy correspondence, fasten together for ready reference all the letters dealing with this particular subject. Letters containing money or valuable documents should be registered. The extra fee saves worry. Cheques and P.O.'s sent through the post should be crossed, and as an extra precaution you may add "Not negotiable" or "a/c Payee only." A readable signature will help the person who is to receive your letter. The practice of scribbling an illegible signature and typing the translation underneath is an indefensible affectation, or merely "swank." Where your correspondent gives a reference ("A.M. 249"), for instance, quote it in your reply. In large businesses such references save time and trouble.

FORMS OF ADDRESS.

The King: *Address,* His Most Gracious Majesty King George VI.; *begin,* Sir; *conclude,* I have the honour to be, your Majesty's obedient servant. The Queen: *Address,* Her Majesty Queen Elizabeth; *begin,* Madam; *conclude,* as above. Royal Princes: *Address,* His Royal Highness the Duke of ——; *begin,* Sir; *conclude,* I am, your Royal Highness's obedient servant. Royal Princesses: *Address,* Her Royal Highness the Duchess of ——; *begin,* Madam; *end,* as with Royal Princes. Other Princes and Princesses are *addressed* as His or Her Highness, without the word "Royal"; *begin* and *end* as in the case of Royal Princes and Princesses. Dukes: *Address,* His Grace the Duke of ——; *begin,* My Lord Duke; *end,* I am, Your Grace's obedient servant. Duchess: *Address,* Her Grace the Duchess of ——; *begin,* Madam; *end,* I am, Your Grace's obedient servant. Earls, Viscounts and Barons: *Address,* The Right Honourable the Earl (Viscount or Baron); *begin,* My Lord; *end,* I am, Your Lordship's obedient servant. Wives of the above: *Address,* The Right Honourable the Countess, Viscountess or Lady ——; *begin,* Madam; *end,* I have the honour to be, Your Ladyship's obedient servant. Baronets: *Address,* Sir (Christian and surname), Bt. *begin,* Sir; *end,* Your obedient servant. Baronets' wives: *Address,* Lady So-and-So (unless born with a title, when the Christian name is interposed, Lady Florence So-and-So); *begin,* Madam; *end,* I have the honour to be, Your obedient servant. Knights and their wives (same as baronets and their wives). Archbishops: *Address,* His Grace the Lord Archbishop of ——; *begin,* My Lord Archbishop; *end,* I am, Your Grace's obedient servant. Bishop: *Address,* The Right Reverend the Lord Bishop of ——; *begin,* My Lord; *end,* Your Lordship's obedient servant. The wives of Archbishops and Bishops do not share their husband's titles and are *addressed* as Mrs. (their husband's surname); *begin,* Madam; *end,* I have the honour to be, Your obedient servant. Deans: *Address* The Very Rev. the Dean of ——; *begin,* Mr. Dean or Dear Mr. Dean; *end* according to nature of letter: if formal, I am, Your obedient servant; if more intimate, Yours faithfully or sincerely. A Lord Mayor is *addressed* as The Right Honourable the Lord Mayor of ——; *begin,* My Lord; *end,* I am, Your Lordship's obedient servant. Other Mayors: *Address,* His (or Her) Worship the Mayor of ——; *begin,* Sir (or Madam); *end,* Your obedient servant, or Yours faithfully, truly, or sincerely if less formal. Colonial Governors: *Address* His Excellency, Lord, or Sir John So-and-So, the Governor of ——; *begin,* Sir, or Your Excellency; *end,* I am, Your Excellency's obedient servant. Members of Parliament are *addressed* as in private life with the letters "M.P." at the end of their names, after "Esq." and any other letters to which they may be entitled. Officers are *addressed* according to their rank, as General, Admiral, Lieut.-Colonel, Commander, Captain, and so on, and do not take "Esq" at the end of their names; neither do younger sons of the peerage (*addressed* as the Hon. John So-and-So), or Privy Councillors, Cabinet Ministers, and ex-Cabinet Ministers, who are *addressed* as The Rt. Hon. So-and-So, with M.P. or any other letters after their names to which they may be entitled. "Mr." and "Esq.": Strictly speaking, only the sons of baronets and knights, landowners and certain people in responsible positions are entitled to the word "Esquire" after their names, but it is customary nowadays to use the word in a complimentary sense to most of our correspondents.

SMOKERS NOTE!

"Let L. E. Venn help to free you of the harmful and wasteful curse of smoking."

"Bad Heart"—
through Smoking

"Eyesight Ruined"—
through Smoking

"Nerves gone to Pieces"—
through Smoking

"Cancer of the Tongue"—
through Smoking

"Nicotine Poisoning"—
through Smoking

ALL the above and a host of other dangerous complaints often arise through the curse of excessive smoking. Few people realise the grave harm to their system caused by submission to the smoking habit until their weakness has carried them too far. Nicotine is an insidious poison. It does not declare itself until the harm is done. If you are a slave to the tobacco habit, or if you have a dear friend addicted to the same evil, make up your mind to get free of it without delay.

Do not wait till smoking has destroyed your eyesight, caused a cancerous growth on your lip or permanently ruined your heart, but act now before it is too late.

Read the striking testimonials that will be sent to you free of charge from unfortunate addicts, who have found new life and health after giving up the pernicious, dangerous and wasteful smoking habit through the L. E. Venn treatment. It is guaranteed absolutely harmless and can be given secretly.

Save your loved ones from slow poisoning and possible death by sending for full particulars to-day.

FREE
16-PAGE BOOK
Simply send your name and address and there will be sent to you free of charge or obligation, complete particulars of the famous L. E. Venn treatment, which has freed thousands of addicts from the poisonous tobacco habit. **ACT NOW.**

WRITE TO-DAY,
L. E. VENN (Dept. E.H.), 24, HOLBORN, LONDON, E.C.1

Hints on Holidays

DON'T leave all your arrangements till the last minute, otherwise you may find the best accommodation booked up.

The holiday months are July and August, but if you can get away either in June or September you will probably get cheaper prices.

Great Britain is covered by four great railway systems, each of which issues a comprehensive Holiday Guide, fully illustrated, at 6d.

The railways are:—The London Midland and Scottish (for Midlands, North Wales, Lancashire, the Isle of Man, the Lakes, Scotland and Ireland); the Southern (for South and South-Western Counties, Isle of Wight, Channel Islands, Devon, Cornwall and all the Channel ports for the Continent); the Great Western (for the West of England, including Cornwall and the Scilly and Channel Islands, Wales and Ireland); and the London and North Eastern (for the Eastern Counties and the Broads, Lincolnshire, Yorkshire, Scotland and ports for Holland, Germany, Scandinavia and the Baltic).

You are thus able to make a choice of the holiday centre that suits you best, and the guides contain not only all the information you want about trains and fares, but also lists of hotels, boarding-houses, apartments, camping sites and accommodation at farmhouses.

Do not spend all your time round the seaside amusements. You can go to dances and cinemas at home. See something of the part of the country you are visiting. Early hours in the morning are better than late hours at night.

Before bathing make inquiries about the nature of the beach and the run of the currents. Don't bathe when the tide is going out. Don't bathe directly after meals or when you feel chilly. If you be inclined to "turn blue" in the water, don't go out of your depth. Cramp is a danger to the best of swimmers.

Sun-bathing should proceed gradually. To expose the body all at once is dangerous, and in hot sunshine may be attended by serious consequences.

Holiday cruises are becoming increasingly popular. The great advantage is that you are "under the Union Jack" all the time, with no bother about luggage, Customs, foreign money and hotel accommodation. You live and sleep aboard a luxurious liner, with your trunks in your cabin, and go ashore for sight-seeing when the ship calls at the ports marked on the itinerary. The food and service are generally excellent, and all sorts of sports and diversions are provided. For particulars apply to any of the leading tourist agencies or to the big shipping lines direct. Passports are required for all foreign countries.

For Continental holidays the novice will do well to join a party organised by one of the reputable tourist agencies. The price of the tour (travel and hotel accommodation) is clearly stated beforehand, and the extras are a matter for the taste and pocket of each member of the party.

Holidays in certain European countries are made expensive by the "rate of exchange" being against us, but in others the rate is in our favour. The prices of currency fluctuate and are published daily in the newspapers.

Luggage on a Continental trip is subject to a Customs examination on your arrival abroad, and every time you cross a frontier. In some cases (in Italy, for instance), photographs can only be taken by permission. Cameras are sometimes retained by the Customs and returned to the traveller when leaving the locality.

Wherever you go, at home or abroad, go with the *holiday spirit*. Better not to have any letters sent on. Try to live without the newspaper, because the dear old world will go on just the same without you.

There IS Such a Thing as :: LUCK!

Look through the List of Prizewinners in any Sweepstakes, Competitions, etc., and you will often find the name of some fortunate persons appearing repeatedly. Practically all of these, if questioned, would tell you that they BELIEVE IN LUCK and invariably carry a lucky charm or symbol.

There is one lucky charm that stands supreme above all others.

The "LUCKY SEROOM"

THE CHARM OF CHARMS.

People in every grade of society, from the highest to the humblest, to-day rely upon the "Lucky Seroom" to bring them success in life and love. in competitions and Irish and other sweepstakes, and in recovery from and protection against illness. All, therefore, who wish for happiness and the good things life holds. in whatever direction, should pin their faith to this magical mascot and wait for all your hopes to be realised.

If you saw a horseshoe lying in the road you'd most likely pick it up. If you didn't, you'd be wondering ever afterwards whether you had missed a lucky chance. That's because 99 people out of 100 believe in Luck—*and with good reason too!* You don't pick up a lucky horseshoe every day. but *you can make sure of good fortune by* carrying with you always the wonderful

'LUCKY SEROOM'

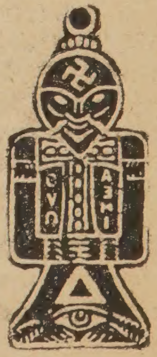
The Real Luck Bringer

Thousands of fortunate possessors of the "Lucky Seroom" testify to its remarkable luck-bringing powers. You should wear it or carry it with you always. It will bring you success in Business, Social, Personal and Love Affairs and in all competitions and sweepstakes Supplied in beautifully finished **REAL ENAMEL and GILT, 1/6 POST FREE.** Send crossed P.O. 1/6 to-day.

FREE **To every purchaser of the "Lucky Seroom" a 64-page Almanack, containing 12 monthly Predictions, Sent Free.**

THE "LUCKY SEROOM" IS ACTUALLY 7 CHARMS IN 1, AS FOLLOWS:

1. **Buckle of Isis (Egypt).**
2. **Talisman of New Guinea.**
3. **The Tau—Ancient Cross worn by Moses.**
4. **Triangle with upward Apex.**
5. **Seven Greek Vowels.**
6. **The Eye (enati) —protector from evil.**
7. **Swastika — pre Christian Cross.**



"I command Good Luck."

OLD MOORE'S (E.H. DEPT.), 37, CURSITOR STREET, LONDON, E.C.4

Hints on All Sorts of Things

A

ANTS can be destroyed by dropping quicklime on the mouth of their nests and pouring boiling water on it to wash it down. If they infest cupboards, camphor or a piece of wadding or sponge saturated with creosote will keep them away.

ASHTRAYS made of brass can be cleaned by rubbing with methylated spirit and washed thoroughly afterwards with hot vinegar and salt.

B

BLUE SERGE will have its lustre restored and the shiny appearance removed if rubbed with a soft cloth damped in water in which sliced raw potatoes have been standing for twelve or more hours.

C

CAR WINDOWS in rainy weather can be rapidly cleaned by rubbing them with a cut apple.

CASEMENT CURTAINS will hang perfectly if, after washing, they are ironed lengthways

F

FELT AND VELOUR HATS that have become shabby can be freshened up. Shake and beat well to free from dust. Remove all trimming. Then hold the hat over boiling water and steam from the inside. Turn the hat slowly so that it is steamed all over Shake well. Allow to dry and then give a good brushing with a clean, stiff brush on which have been shaken a few drops of ammonia.

FLOWER-VASES should be half-filled with sand before the flowers, foliage or ferns are arranged. The sprays will then keep in position.

FROSTED GLASS when discoloured should be treated with a paste of bicarbonate of soda. Dab this all over the glass. Let it dry and stand for an hour and then wash with hot water. The discolouration will disappear.

K

KID GLOVES when new will be found to go on the hands without difficulty if previously warmed before the fire. Gloves that are too tight can be stretched with a pair of curling tongs.

M

MANTEL-PIECES made of wood can be rendered fireproof by painting them with two coats of a strong solution of tungstate of soda.

CLOTHES soaked in a strong solution of borax will not burst into flame. This is a useful precaution to take for children's party frocks, especially at Christmas-time.

P

PICTURES should be hung with picture cord, not string or wire.

PLAYING-CARDS when dirty or greasy can be cleaned and polished by rubbing them with a rag dipped in spirits of camphor.

S

SHOES when damp will take a brilliant shine if a little drop of paraffin is added to the polish. Grease-marks can be removed with French chalk.

SCISSORS.—It is a sensible plan to attach a small pair of scissors to your sewing-machine by means of a good length of string. You will always find them ready to hand and it will prevent them being mislaid.

SMALL MATS can be prevented from slipipng about on polished floors by lining them with a piece of old carpet.

STAIRCASES can be cured of creaking by hammering nails into the tread hard into the rising wood.

SQUEAKY SHOES.—Shoes that squeak can be cured by immersing their soles in a saucer of thick machine oil until they have absorbed all the oil.

STIFF STRAPS.—Leather straps that have become stiff can be softened by being soaked in hot soapy water for some hours, then dried in a cool place. They should finally be rubbed with a rag that has been moistened with linseed oil.

T

TEA-STAINS on tablecloths should be treated with an application of the blue bag before boiling.

TROUSERS may be kept permanently creased by rubbing the inside of the crease with soap.

U

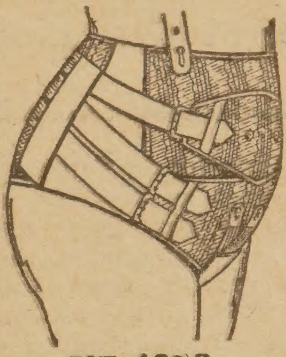
UMBRELLAS that have developed small holes can be repaired by means of patches of adhesive silk or tape. The adhesive material should be applied to the holes when the umbrella is fully open.

W

WOOLLENS will dry soft and fluffy if a little olive oil is added to the water in which they are rinsed.

WHY BE LONELY
when you can make happy friendships, either sex, anywhere, home or abroad, through the U.C.C.? Send st. add. envelope to E. H. Clare, Secy., U.C.C., 16, Cambridge St., London, S.W.1.

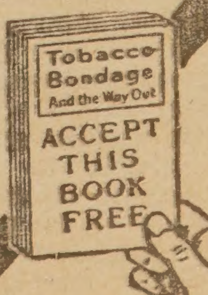
BELTS FOR WOMEN'S ABDOMINAL WEAKNESSES



EST. 1888.
Belts at All Prices in many Qualities, each one specially made. If you suffer from any abdominal weakness send now for **FREE ILLUSTRATED BOOKLET.** It explains how abdominal weaknesses of all kinds—Rupture, Prolapsus, Dropped Abdomen, Obesity, etc., can be relieved by means of the support of my perfectly-designed abdominal belts. **Belts are invaluable for support after operations and during and after Pregnancy.** Send to-day 3d. to cover postage, to **MRS. CLARA E. SLATER, Dept. H.265, Cromwell House, Fulwood Place, High Holborn, London, W.C.1.** No connection with any firm of the same name or business. *Please cut this out for future reference.*

MAKE MONEY AT HOME
National Confectionery Industry, Ltd., (Dept. H.W.), 87, Regent St., London, W.1.
Dear Sirs,—Without further obligation, please send me your FREE Illustrated Book, giving full particulars how I can make from £5 a week at home in my SPARE TIME WITHOUT CANVASSING.
Also your GUARANTEE to teach me how, to supply me with work, and pay me CASH EACH WEEK no matter where I live.
Yours faithfully,
(*Write Name and Address*)
Name ....
(Print Plainly)
Address ....
....—B

How to Stop Smoking
FREE TREATISE WORTH POUNDS.
Thousands of genuine, entirely unsolicited testimonials received from grateful men and women who have been quickly freed from that ceaseless craving for tobacco and conquered the tobacco habit for ever by the help of the Stanley Treatment for Tobacco Habit. **One grateful man writes:** "*Now I have not the slightest inclination for smoking. I consider your Treatment the best investment I have ever made.*" **Don't imagine yours a hopeless case.** What the Stanley Treatment has done for others it can do for you. If for health or other reasons you wish to break the Tobacco Habit, write to-day for the Famous Treatise "*Tobacco Bondage and the Way Out*" which has caused so much comment. Sent free and without obligation. It will cost you nothing and save you pounds, so write to-day.
THE STANLEY INSTITUTE (Dept. E.H.), 21, Warwick Lane, London, E.C.4.


Tobacco Bondage And the Way Out
ACCEPT THIS BOOK FREE

How to Get the Best Out of Your Wireless

When you are thinking of buying a wireless set it is just as well to remember that "all is not gold that glitters." What I mean to say is, that you can have a set in beautifully polished walnut, which, as the maker's list explains, is a handsome "piece of furniture." But you are not out for furniture, and the mere box or case, however lovely, is not anything like so important as its "innards," and the batteries and valves, and clever little gadgets that are going to enable you to tune in to all parts of the world.

A novice naturally wants something simple, reliable and easily understood, whilst an "old hand," who has made wireless a scientific hobby, will be keen to possess the latest and most powerful model in order that he may try out his own pet theories and experiments.

Thanks to the amazing growth of the wireless industry, there are sets on the market to suit all pockets, ranging in price from a few pounds to forty or fifty guineas for a superhet automatic radio-gramophone model. It is needless for me to describe them in detail because you can walk into any dealer's shop and obtain the illustrated price-lists of all the leading manufacturers. Have a heart-to-heart talk with the salesman and don't be afraid of asking questions. It isn't to the dealer's advantage to sell you a dud outfit, and he will want to secure your custom for the little odds and ends you will require later on.

Nothing in this world is perfect, and wireless sets are liable to get out of order even in the hands of an expert. All sorts of "faults" arise, and I propose to mention the most common of them and to explain how the trouble can be located and cleared up.

We have two types of wireless sets to consider—those worked by batteries and those worked off the main.

Take signals to begin with. In battery sets no signal, or weak signals, may mean that the L.T. battery is run down or the H.T. battery exhausted or disconnected. Or you may have dirty accumulator terminals or H.T. wander plugs. Test batteries with voltmeter, check connections at wander plugs and scrape any dirty parts with a knife. In the mains sets the signal trouble may arise from forgetting to turn on the switch on the skirting board. In A.C. sets the primary winding of the mains transformer may be burnt out and you must test by inserting a lamp in series with it and the mains. If it glows the transformer winding is in order. In D.C. sets resistance between the mains and filaments may account for the silence. Check continuity of resistance. Perhaps the valve filaments glow or become warm without producing the signal. After assuring yourself that the loud-speaker is properly connected, check high-tension winding on transformer for continuity, also choke and anode resistance. Where the reception stops suddenly, the A.C. set mains transformer, or in D.C. sets the voltage resistance, may be burnt out. There is also the possibility of a valve being burnt out. To return to battery sets, a fading reception points pretty clearly to an exhausted battery. Crackling noises in the loud speaker may arise from the same cause, or there there may be bubbles in the L.T. accumulator. Test with voltmeter in the first case, and in the second shake cells to disperse gas and let the battery settle down before using.

"Popping" and distortion suggest defective or faulty grid-leak, volume control too far advanced, incorrect grid bias, H.T. voltage too high, loud-speaker out of adjustment, dust or grit in the "works." Adjust knobs as required and clean out dust with "spills" of soft paper. A low-pitched reception points to too many additional loud-speakers, or there may be incorrect volume control across output.

When the valves do not light up suspect a broken fuse or a "pull-and-push" switch not in working order.

The British Broadcasting Corporation is controlled by the Postmaster-General, and a licence to instal a wireless receiving set must be obtained at a post-office. The charge is 10s. per annum, and neglect may involve legal proceedings.

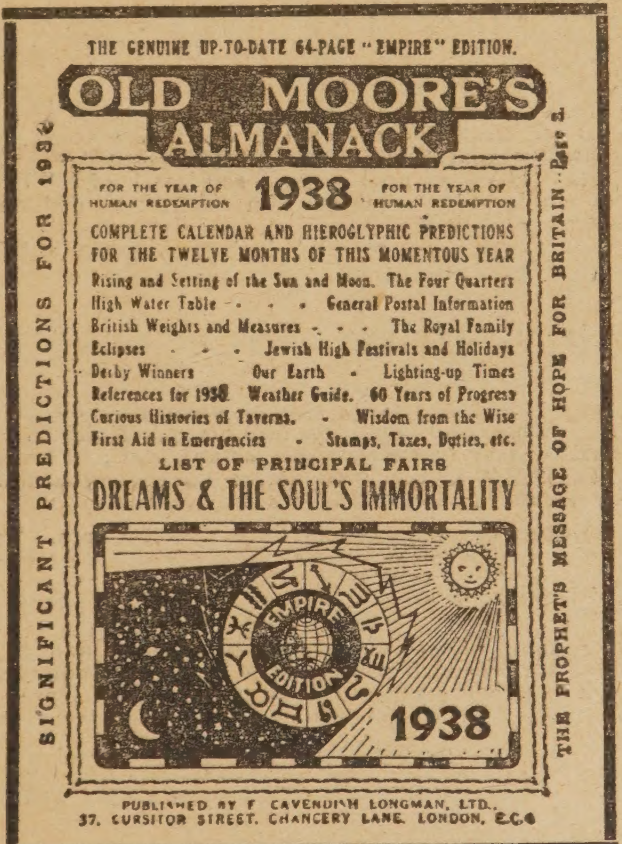
Be Sure to Buy Your

OLD MOORE'S ALMANACK

But be Doubly Sure You

Buy the GENUINE

Up-to-Date EMPIRE EDITION



THE GENUINE UP-TO-DATE 64-PAGE "EMPIRE" EDITION.

OLD MOORE'S
ALMANACK

FOR THE YEAR OF HUMAN REDEMPTION 1938 FOR THE YEAR OF HUMAN REDEMPTION

COMPLETE CALENDAR AND HIEROGLYPHIC PREDICTIONS
FOR THE TWELVE MONTHS OF THIS MOMENTOUS YEAR
Rising and Setting of the Sun and Moon. The Four Quarters
High Water Table - - - General Postal Information
British Weights and Measures - - - The Royal Family
Eclipses - - - Jewish High Festivals and Holidays
Derby Winners Our Earth - Lighting-up Times
References for 1938 Weather Guide. 60 Years of Progress
Curious Histories of Taverns. - Wisdom from the Wise
First Aid in Emergencies - Stamps, Taxes, Duties, etc.

LIST OF PRINCIPAL FAIRS

DREAMS & THE SOUL'S IMMORTALITY

EMPIRE EDITION

1938

SIGNIFICANT PREDICTIONS FOR 1938

THE PROPHET'S MESSAGE OF HOPE FOR BRITAIN - Page 2.

PUBLISHED BY F. CAVENDISH LONGMAN, LTD.,
37, CURSITOR STREET, CHANCERY LANE, LONDON, E.C.4

THIS IS THE RIGHT EDITION. MAKE SURE THAT YOU GET IT.

BE SURE TO ASK THE SELLER FOR THE GENUINE EMPIRE EDITION.

The above illustration shows the only genuine up-to-date 64-page Empire Edition of the world-famous

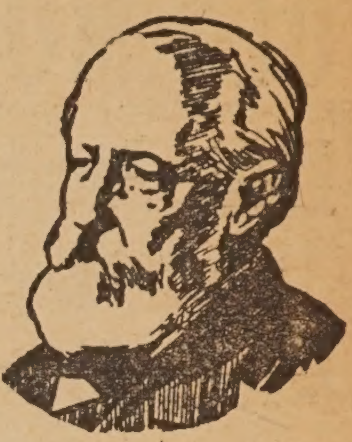
OLD MOORE'S ALMANACK

If any difficulty in obtaining a copy from your Newsagent send stamp direct to the publishers :

F. CAVENDISH LONGMAN, LTD.,
37, Cursitor Street, Chancery Lane, London, E.C.4

Character from Handwriting.

Character from handwriting
Character from handwriting
Character from Handwriting
Character from handwriting



'Pencraft'

PUT TO THE TEST ! !

NO two people ever write exactly alike. That is because we unconsciously put our characters into our handwriting, and characters vary as much as faces. Have you ever had your own writing delineated?

To succeed in life, we must know our strong and weak points, and the art of Graphology (reading characters from handwriting) will reveal them to us.

Everyday Hints has secured the services of "PENCRAFT," whose life-long study of Caligraphy enables him to draw deductions, even from a signature, with startling accuracy.

Are you "a square peg in a round hole," working in a blind-alley job, as we say, and knowing full well all the time that you could do better if only you knew what line of life you are really fitted for?

THE SECRET IS IN YOUR HANDWRITING

Let "PENCRAFT" find it out for you! Your writing may be "good" or "bad." You may make funny "r's," and thick strokes when they ought to be thin: possibly the words slope the wrong way, and you are not particular about "stops." On the other hand, your writing may be copper-plate, or graceful and artistic, with picturesque flourishes. "PENCRAFT" is quick to detect all such characteristics and he will tell you what they mean.

The art of graphology can help you in Love and Business. We all form estimates of the people with whom we come in contact, and are often wrong—to our own injury!

Send a scrap of handwriting of your best friend or of your worst enemy to "PENCRAFT" and let him confirm or dispel your private opinion.

The girl, or the man, whom you considered careless and flippant, may possess, after all, a solid basis of common sense which is clearly indicated in the "reading" "PENCRAFT" will send you; whilst the rival whom you feared will be revealed as a "broken reed" instead of the unconquerable enemy you have always taken him to be.

Graphology has nothing to do with fortune-telling, and "PENCRAFT" does not pretend to unmask the future. He tells you your "make-up" as he reads it in your handwriting, and it is for you yourself to ensure a happy and prosperous career by turning that information to good account.

"PENCRAFT" gives his personal attention to every letter he receives. Skilled as he is in his art, he confesses that he has not yet exhausted every conceivable kind of handwriting that is likely to come into his hands. A new twist, or turn, or flourish, immediately excites his curiosity. It becomes a fresh "pointer."

IN THE ART OF DELINEATING HUMAN CHARACTER

He looks for your individuality, your "ego" as the psychologists say, and tells you faithfully what he finds.

Don't write long letters. The simplest application for Reading, in your ordinary handwriting, and closing with your signature, IN FULL, is sufficient.

Enclose P.O. 1/- with your letter, and a stamped addressed envelope for the reply. Address to:—

"PENCRAFT," OLD MOORE'S ALMANACK,
37, Cursitor Street, London, E.C.4

Elasto REGISTERED

CURES VARICOSE VEINS, BAD-LEGS. PHLEBITIS, PILES, THROMBOSIS, ECZEMA, RHEUMATISM, AND EVERY VEIN, ARTERY AND HEART WEAKNESS.

Don't Long For Relief—Get Elasto And Be Sure Of It

ELASTO, the wonderful blood substance which positively must be present in the blood to ensure complete health, is now known to be the active principle which controls the healing properties of blood Such troubles as Varicose Veins, Varicose Ulcers, Eczema, Swollen Legs, Heart Troubles, Phlebitis, Thrombosis, Rheumatism, Piles, Prolapsus, Varicocele, and Kindred Ailments are directly traceable to degeneration of the tissue-cells resulting from a deficiency of this vitalizing principle in the blood. These conditions will not respond to ordinary treatment; to effect a cure it is essential to remove the cause of the weakness, and this can only be done by making good the deficiency in the blood. Elasto does this with results that often appear positively miraculous.

Elasto Will Save You Pounds

Every sufferer should know of this wonderful new biological remedy which quickly brings ease and comfort and creates within the system a new health force; overcoming relaxed conditions, increasing vitality, and bringing into full activity Nature's own laws of healing. You will be amazed at the marvellous effectiveness of this pleasant, easy remedy. No fuss! no trouble; just glorious relief. And, remember, Elasto is not expensive. For the outlay of a few shillings you can now enjoy the tremendous advantages of this modern scientific remedy which has cost thousands of pounds to perfect.

Read what users of Elasto say:

"No sign of varicose veins now."
"Elasto put new life into me."
"Wonderfully active at eighty."
"My doctor highly praises Elasto."
"Now walk long distances with ease."
"Elasto has healed my bad legs."
"Worked wonders: legs quite clear."
"Removed my rheumatism and neuritis."
"Heart quite sound again now."
"I feel ten years younger."
"Now free from piles."
"Rheumatoid arthritis gone."
"All signs of phlebitis gone."
"Completely healed my varicose ulcer."
"I am now free from pain."
"My skin is as soft as velvet."
etc.

Elasto is prepared in tiny tablets which dissolve instantly on the tongue and are absorbed directly into the blood stream, thereby actually restoring the Natural power of healing to the blood. Beware of Imitations!

You Can Test Elasto FREE!

Simply send us your Name and Address, and you will receive by return A FREE SAMPLE of Elasto and a FREE BOOKLET fully explaining how this new wonder remedy CURES THROUGH THE BLOOD. Don't lose another moment, write to-day—NOW! while you think of it, and see for yourself what a wonderful difference Elasto makes! *This offer is too good to be missed.*

THE NEW ERA TREATMENT Co., Ltd., (Dept. 271), Cecil House,
Holborn Viaduct, London, E.C.

RHEUMATIC COMPLAINTS

DEFINITELY CURED

by amazing capsules ! !

Sufferers enduring excruciating pain have taken a single dose of "Curicones" and have been amazed at the immediate relief. Those who had endured a lifetime's martyrdom to Rheumatic disease have felt their pain rapidly lessen . . . have seen their swollen joints grow normal . . . and, finally, often within an incredibly short time, they have been able to declare themselves healthy, pain-free men and women. Rheumatoid Arthritis, Chronic Rheumatism, Lumbago, Gout, Sciatica, Neuritis, Fibrositis, Swollen Joints, and similar complaints—all are dispelled, utterly and indisputably, by "Curicones," the most certain remedy for Rheumatic suffering in its many vicious guises.

OVER 4,100 DOCTORS APPROVE

"Curicones" are a combination of elements approved by British Pharmaceutical Authorities for their anti-acid and anti-microbic action. These elements have been brought together in the form of small tasteless capsules. *At the present time no less than 4,100 Doctors are prescribing and recommending "Curicones" in their daily practice.* A more astounding tribute to the remarkable efficacy of this wonderful remedy could scarcely be conceived.

ARTHRITIC KNEE JOINT

Here is a knee joint affected by Rheumatoid Arthritis. The bones have become rarefied by the virulent effect of Rheumatic Poisons in the system. Ankylosis has clearly taken place, resulting in the bony structures becoming firmly attached to each other. Note how the patella (knee cap) is displaced, and fixed to the main joint.

AFTER taking "CURICONES."

The clean condition of a healthy knee-joint is at once apparent. "Curicones" sweep the blood-stream free of all the poisonous excess of acid, and dissolve the vicious crystals. Rheumatic and Arthritic affection of the joint disappears, surrounding tissues are built up again, and the result is a healthy joint free from disease and pain!

THEY WILL BE SENT TO YOU FREE

if you suffer from

RHEUMATOID ARTHRITIS
CHRONIC RHEUMATISM
LUMBAGO
GOUT
SCIATICA
NEURITIS
Swollen Joints and Allied Complaints.

FREE TREATMENT *for* ALL

Your complaint may be Rheumatoid Arthritis, Chronic Rheumatism, Gout, Lumbago, Neuritis, Fibrositis, Synovitis, Swollen Joints, or some allied complaint. . . . IT MAKES NO DIFFERENCE! There is definite hope of complete and permanent relief for you in "Curicones." Fill in the coupon below and send it to Stephen Matthews & Co., Ltd., (Dept. E.H.), 19-21, Farringdon Street, London, E.C.4. By return you will receive a free Sample Treatment, together with a 32-page booklet of vital interest to all Rheumatic sufferers.

SOME of OUR DISTINGUISHED PATRONS

His Grace the Duke of Devonshire.
Her Grace, Constance, Duchess of Westminster
The Countess of Ravensworth.
Viscountess Ashbrook.
Sir Clifford Cory, Bart.
Sir W. Currie.
Sir Lancelot Aubrey Fletcher.
Sir Claude Mallet.
Lady Violet Brassey.
Lady Hammill Firth.
Lady Boyce.
Lady Bruce.
Sir Robert Witt.
Lady Magdalen Bulkeley
Lady Bowles.
Lady Clayton.
Lady Irvine.

POST COUPON FOR FREE OFFER

To STEPHEN MATTHEWS & CO., LTD.,
Mfg. Chemists and Druggists (Dept. E.H.),
19-21, Farringdon Street, London, E.C.4.

Please send Free and post paid a Trial Supply of "Curicones" with an interesting booklet on HOW and WHY they conquer Rheumatic and allied ailments.

NAME ....
ADDRESS ....
AILMENT ....

Please write in Block Letters.

"CURICONES" ARE STOCKED BY ALL CHEMISTS. FOR FREE SAMPLE, HOWEVER, POST THE COUPON ABOVE.

Published by the proprietors, F. Cavendish Longman, Ltd., 37, Cursitor St., London, E.C.4, and Printed by the "Hornsey Journal," Ltd., 161, Tottenham Lane, Hornsey, N.8.